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From: AMO Communications <Communicate@amo.on.ca>
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To: Monica Hawkins
Subject: Solutions to Enhance Mental Health in the Workplace Webinar Oct 27

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DIGITAL GOVERNMENT

October 18, 2021

Solutions to Enhance Mental Health in the Workplace

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AMO's digital mental health therapy provider, MindBeacon, has partnered with Breaking Free and Togetherall to bring you a one stop solution to support your employees' mental health. Each offer unique solutions that improve mental health conditions of Canadians.

Join us for a free webinar on Wednesday, October 27 at 12pm (ET) to learn how they have partnered up to support your employees.

MindBeacon is changing mental health care by making support available to every Canadian. Our services are accessible, affordable, and effective.

- One-stop private space to access a wide range of mental health supports
- Access therapy wherever you're most comfortable
- Receive affordable, high quality care
- Access to 24/7 Crisis Text Line
- Unlimited access to account history including therapist messages, content and more

Breaking Free Online is a confidential 24/7, evidence-based online support program designed to help residents of Ontario reduce or stop the use of over 70 substances, such as alcohol, marijuana, opioids and prescribed medications of abuse.

Togetherall takes a population health approach and seeks to democratize access to mental health support through our evidence-based, online peer-to-peer mental health community.

Togetherall is monitored and moderated 24/7 by licensed and registered mental

practitioners to ensure:

- Members can anonymously seek and provide support in a safe and inclusive online space
- Vulnerable or at-risk members are identified and escalated to appropriate crisis supports
- Members are aware of other resources available to them and are guided as appropriate

If your municipality is interested in any of the AMO/LAS service offerings or you require further information, please contact Nicholas Ruder, Research Advisor, AMO/LAS at nruder@amo.on.ca or at (416) 971-9856 x411.

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