Monica Hawkins

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 <u>webinar</u> on Wednesday, October 27 at 12pm (ET) to learn how they have partnered up to support your employees.

<u>MindBeacon</u> 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

<u>Breaking Free Online</u> 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.

<u>Togetherall</u> 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.

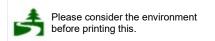
Togetherall is monitored and moderated 24/7 by licensed and registered mental

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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