

Connect your employees to quality mental health care.

Mental Health Connect by EHN Canada provides the tools you need to help identify mental health concerns and offer treatment solutions to your employees.



48%

of employees say they have experienced at least one work-related mental health risk factor.

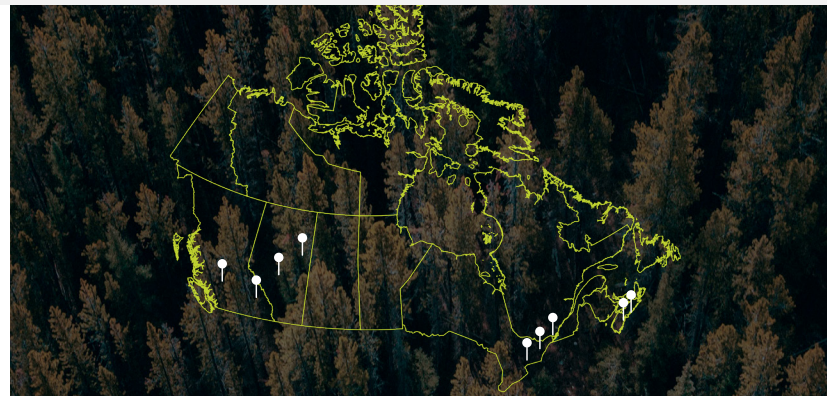
– Canadian HR Reporter

MENTAL HEALTH CONNECT, FOR HEALTHIER, HAPPIER EMPLOYEES.

Despite employers' efforts to increase access to mental health tools, wellness apps, Employee Assistance Programs (EAPs), and extended health benefits, employees across Canada are still struggling. While these initiatives contribute to the overall well-being of your workforce, 1 in 5 employees may require more support.¹

That's why EHN Canada has developed Mental Health Connect, a comprehensive solution designed for employers and benefit providers. This solution offers timely access to our virtual Intensive Outpatient Program (IOP), education that helps to identify and manage workplace mental health challenges, and a co-branded employee self-assessment tool with confidential tracking and reporting.

¹ <https://www150.statcan.gc.ca/nt/pub/82-624-x/2013001/article/11855-eng.htm>



MORE ABOUT EHN CANADA

EHN Canada's network of treatment facilities and programs offers a variety of solutions and pricing models to fit your organization's unique needs:

- Individual counselling
- Virtual Intensive Outpatient Programs (IOPs)
- In-person outpatient
- Hybrid solutions
- Inpatient Treatment
- Price Per Employee costing solutions

Immersive Education

For Leaders And Human Resources

There are ways your organization can help foster a healthy and happy workplace, which can in turn reduce depression and anxiety. Mental Health Connect by EHN Canada provides the tools and resources to get you started. This includes:

- Signs and symptoms of common mental health conditions, including depression, anxiety, trauma and PTSD and substance use disorders
- Participation in EHN's virtual Intensive Outpatient Program, including a sampling of the tools and psychoeducation learned over the full 8-week program
- Development of skills that can empower leaders to approach an employee who may be struggling, have a sensitive conversation, and offer assistance



Online Self-Screener Tool

For Employees

How can an employee know if they are struggling with a mental health disorder? Our self-screener tool is a good place to start.

- Available to all employees 24/7 with unlimited use
- Designed to help employees quickly and confidentially identify symptoms of mental health or substance use issues
- Live follow-up by an EHN Canada admissions coordinator to assist employees in navigating treatment options
- Comprehensive data and utilization monitoring for a deeper understanding of workforce needs and the challenges facing employees

Timely Access To Treatment

For the Best Chance at Recovery

Does an employee require more help? Our Intensive Outpatient Program can provide EHN Canada's evidence-based treatment – virtually – so they can continue to work while they work on their recovery.

- Employees who are experiencing worrying symptoms of addiction or mental health disorders will be given the option to access an appropriate treatment program, including virtual outpatient services.
- These programs are for those who need additional intensive support to get them back on track, while still remaining active at work and at home

