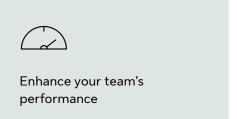


## Mental health training resources can help you:







Unlock your full potential! Learn to manage with empathy and support mental health well-being in the workplace.

All training videos and an educational booklet are available on our website.

## Learn more today at sunlife.ca/mentalhealtheducation

## Life's brighter under the sun