

Good mental health comes with enough challenges.



Finding the right support shouldn't be one of them. We match you with a registered therapist best-suited to your needs through your counselling program provided by GreenShield Health.



Getting care that's built for you has never been easier.

Here's how it works:

1. Fill out our short online survey so we can understand your counsellor preferences including clinical experience, cultural fit, language and more.
2. Choose from a shortlist of counsellors custom selected for you.
3. Book an appointment in as little as 24-72 hours.

Therapist availability in your preferred language may vary and is subject to change.

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