

GreenShield Mental Health

powered by Inkblot

Health & Dental Care Plan



Good mental health comes with enough challenges

GreenShield Mental Health, powered by Inkblot, brings you confidential and convenient mental health support. Your Student Assistance Program is available 24/7 on your computer or smartphone. **Included is 5 hours of individual counselling and 5 hours of couple counselling with a mental health practitioner by video, phone, or in-person at no cost to you or your benefits plan!** Learn more and access now by logging in to **GreenShield+**.

More than just counselling

You also have access to advisory services including legal, financial, career, health and life transitions. **GreenShield Mental Health**, powered by Inkblot, provides an easy online intake and digital user experience by using their proprietary matching technology to ensure you find the right counsellor based on your clinical needs. To ensure the fit is just right, your first 15 minutes of counselling do not apply to your 5 covered hours.

Getting started is simple

1 Register: GreenShield+

- Visit greenshield.ca, select **GreenShield+**, and click "Sign Up"
- Select that you are accessing **GreenShield+** "Through an organization"
- Select "I have a Member ID"
- Enter your email to create your account

2 Select: Counselling

- After logging in to **GreenShield+**, select Counselling to navigate to Inkblot

3 Create: Profile

- Fill out a short assessment
- Match with qualified counsellors based on your needs and preferences.
- Book a free consultation with the counsellor that fits you best.
- Get confidential counselling when and where it suits you.