

Health and Wellness

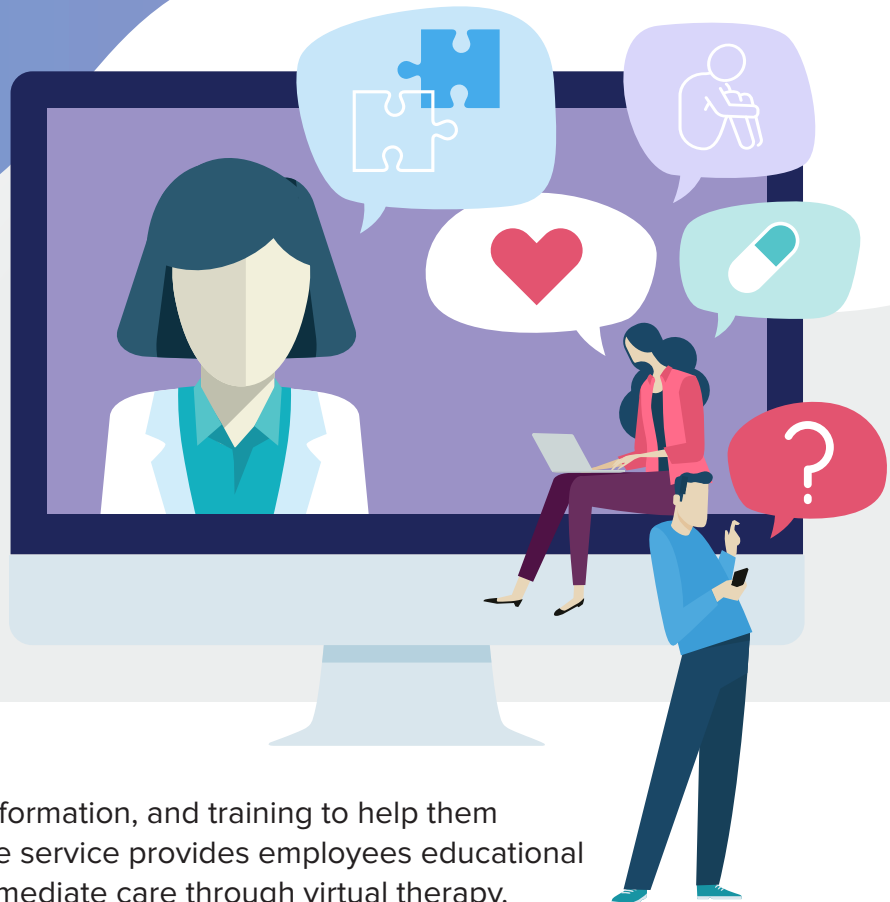
People Connect

People Corporation's mental health resource centre

Mental health is a growing business issue, accountable for **70% of disability costs**.

1 in 5 Canadians will experience a mental health issue this year¹

Every week **500,000 Canadians** will miss work because of mental health issues¹



People Connect offers leaders resources, information, and training to help them create a psychologically safe workplace. The service provides employees educational tools, online assessments, and access to immediate care through virtual therapy.

Employees

Employees and their family members have access to information, support, and affordable therapy

- Knowledge forum - shared articles and resources
- Online behavioral assessment
- Virtual therapist selection
- Webinars

Employers

The People Connect solution will help employers mitigate the risks and costs associated with poor workplace health practices

- Mental health first-aid training
- Peer program development
- Executive sponsorship
- Compliance roadmap for the "standard"

Leaders

Leaders have access to education and training to destigmatize mental health and manage the psychological health and safety of employees

- Knowledge forum - shared articles and resources
- Support seminars
- Virtual training



Today's world and modern life are increasingly filled with uncertainty, complicated relationships, and frequent change. Employers need assistance creating mentally healthy workplaces and employees need easy access to help for mental concerns. Employees do not need to suffer in silence: feeling empty, withdrawn, and unsettled without sufficient support and help.

Dr. Arash Zohoor MD FRCP

People Connect is made of up five of 5 core elements:



A mental health knowledge forum and full library, including videos and podcasts



Proprietary Diagnostic and Statistical Manual (DSM) based mental health assessment tool



Video therapy; affordable access to mental health care and treatment, booked in real time with a therapist of choice



Virtual psychiatric collaboration for cases requiring additional support



Mental health consultations, training and audits to help organizations on their psychological health and safety path

Aggregate reporting is provided to the employer.

Manage the challenge of mental health

Easy-to-access digital platform with educational materials and virtual real-time therapy

First session included at no cost

