

MENTAL HEALTH RESOURCES

Powered by the BCCA Employee Benefit Trust

If you or a loved one is facing depression, anxiety, or other mental health condition, Best Doctors Mental Health Navigator can help. This free service allows you to access professional help virtually whether you are presently undiagnosed or feel your current treatment plan has been ineffective.

Call 1-877-419-2378 or visit BestDoctors.com/Canada, and a qualified nurse will guide you through the entire process including finding the right therapist. Identify yourself as a BCCA member and give the employer's name that provides this plan.



fseap Now we're talking.



Your Employee & Family Assistance Program (provided by FSEAP) offers a variety of supports for mental health and work/life challenges.

Call FSEAP at 1-800-667-0993 for immediate assistance. You can also visit fseap.ca/myfseap.

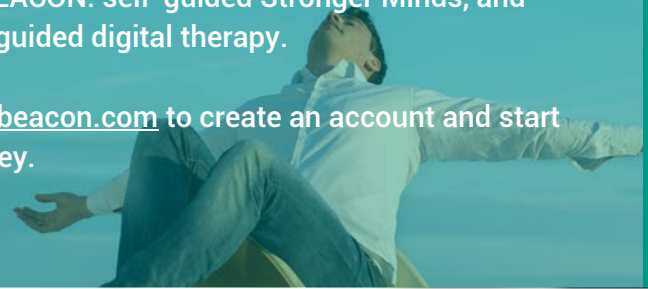
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beacon
modern mind health

BEACON is a mental health tool you can access from the comfort of your computer. Two programs are offered through BEACON: self-guided Stronger Minds, and therapist-guided digital therapy.

Visit mindbeacon.com to create an account and start your journey.



ALAViDA supports individuals struggling with alcohol abuse issues. EBT plan members get access to prevention, detection, treatment, aftercare, and family support. All completely confidential and stigma-free.

Visit alavida.co to get started today.

ALAViDA



AbilitiCBT provides two services: virtual therapy and self-guided learning. These options can help you cope with stress, anxiety, and/or depression.

Visit myicbt.com to learn more about these programs

As a member of the BCCA Employee Benefit Trust benefit plan, you have access to these mental health resources. Many of them are free to use and the others are covered and can be submitted as claims for reimbursement. If you have any questions about your benefits, contact hr@bccabenefits.ca.

To learn how you can become a member of our benefit plan, contact info@bccabenefits.ca.

