**Mental Health message template to share with your plan members**

To our valued employees,

During the Covid-19 pandemic you may be concerned about your health and/or the health of your loved ones. We would like to assure you that our benefits partner, **Medavie Blue Cross**, has many tools in place to support your physical and mental health through this time.

This includes:

* The ability to claim for virtual visits with your practitioners, from physiotherapists to psychologists and many others. [Learn more about virtual visits](https://www.medaviebc.ca/en/covid19).
* Access to online doctor visits through their [Connected Care](https://www.medaviebc.ca/en/members/programs/connected-care) platform – connect with a doctor in minutes and get referred to specialists who can provide consultation and / or treatment online.
* Access to digital Cognitive Behavioural Therapy (iCBT) which is a proven, effective tool to manage mental health concerns such as anxiety and depression. There are even modules available to help those who may be struggling to cope specifically due to the pandemic. Learn more through the [Connected Care](https://www.medaviebc.ca/en/members/programs/connected-care) platform.
* This service can be claimed as part of your psychologist benefit in the Medavie mobile app or plan member site. [Here's](https://www.medaviebc.ca/en/members/articles/covid-19-mental-health-services-and-support#full-image-26392) how to claim for digital CBT.

For more information on these and other tools that are available to support your mental health during this time, visit the Medavie Blue Cross [Covid-19 Mental Health Resources web page](https://www.medaviebc.ca/en/members/articles/covid-19-mental-health-services-and-support).

**Groups with our inConfidence Employee & Family Assistance Plan Only**: You may also access our Employee and Family Assistance Program, [inConfidence](http://www.myinconfidence.ca/), for support.

If you or someone you know is in crisis, [the Canadian Mental Health Association](https://cmha.ca/news/covid-19-and-mental-health) advises that you call 1-833-456-4566 toll free (In QC: 1-866-277-3553), 24/7 or visit [www.crisisservicescanada.ca](http://www.crisisservicescanada.ca/).

Finally, to learn more about the services available through Medavie Blue Cross and access your benefits, visit the [plan member centre](https://www.medaviebc.ca/en/members) or download the Medavie Mobile App from the App Store or Google Play.

Wishing you and your loved ones well,

Your HR team.