

How Kii Health Supports Your Mental Health

An increasing number of Canadians are experiencing mental health issues. Now more than ever, taking care of your mental health matters. If you or a family member are struggling, you are not alone; help is available.

Some of the common areas that individuals need support in include:

- Relationships and Couples
- Family and Parenting
- Stress
- Anxiety
- Depression
- Substance Use
- Legal and Financial
- Grief and Bereavement
- Career Coaching
- Behavioural Management

Our mental health supports and services include elements such as childcare and eldercare support, multicultural and faith-based counselling, and more. Our counsellor network offers diversity in the counselors available to members and their families.



Kiihealth.ca

1-866-814-0018

24 HOURS A DAY ANYWHERE IN NORTH AMERICA