

Mental Health & Wellness Resources

Confidential support available to you and your family — at no out-of-pocket cost

IBEW Local 1620

CUSW

Operating Engineers

Teamsters

LiUNA

Valard Construction LP

• **In crisis?** IBEW / Op. Engineers / LiUNA — Members Health: **1-800-484-0152** • CUSW — Homewood (EN): **1-800-663-1142** • CUSW — Homewood (FR): **1-866-398-9505** • Teamsters — TELUS Health: **1-844-410-1234** • All lines 24/7/365

UNION-SPONSORED PROGRAMS

IBEW 1620 Members Health — MFAP

membershealth.ca • 1-800-484-0152

- 24/7 phone, video, or in-person — therapist in minutes
- Counselling: stress, anxiety, depression, PTSD, grief & trauma
- Addiction support — assessment, referral & treatment
- Marital, family & relationship support
- Legal & financial counselling
- Nutrition, weight management & life coaching
- Critical incident debriefing & management consultations
- Personal care manager assigned — global access



Call



Website



Email

CUSW Homewood Health — MFAP

homeweb.ca • 1-800-663-1142

- 24/7 confidential support — crisis consultation within hours
- Short-term counselling: stress, anxiety, depression, grief
- Addiction — assessments & referral to inpatient/intensive programs
- Life balance: child/elder care, financial planning & legal advice
- Online CBT (iCBT) & interactive e-courses via Homeweb
- French-language support: 1-866-398-9505
- Full confidentiality — no employer access to your records
- No out-of-pocket cost to you or your dependents



Call EN



Call FR



Homeweb

Op. Engineers Members Health — MFAP

membershealth.ca • 1-800-484-0152

- 24/7 phone, video, or in-person access
- Mental health counselling — same-day support available
- Addiction support — assessment & treatment referral
- Accountable Healthcare: doctors, specialists & surgeons
- Legal & financial counselling
- Nutrition & wellness coaching
- Critical incident & PTSD first response program
- Personal care manager — global access



Call



Website



Book Appt

Teamsters LifeJourney — TELUS Health

otcbenefits.com • vCare app

- 24/7 immediate, compassionate virtual care
- Mental health support — Care Advocate assigned to you
- Addiction support via allied health professionals
- Financial & legal assistance
- Nutritional consultations
- Personalized treatment plan via TELUS Health vCare
- Fully confidential — no employer disclosure
- Available to members & eligible dependents



Benefits portal



Activate vCare

LiUNA Members Health — MFAP

membershealth.ca • 1-800-484-0152

- 24/7 phone, video, or in-person access
- Counselling: stress, anxiety, depression & PTSD
- Substance use recovery — assessment & treatment
- Doctor access: prescriptions, diagnostics & follow-up
- Legal & financial support
- Nutrition, wellness & life coaching
- Critical incident debriefing & trauma support
- Personal care manager — global access



Call



Website



Book Appt

ADDITIONAL SUPPORTS

Find a therapist near you

Search for psychologists, counsellors & therapists at psychologytoday.com/ca — filter by specialty, language & location.



The Working Mind — Trades

A 5-hour mental health seminar built for trade workers & supervisors in construction, electrical, transportation & utilities. If you are interested, speak with your supervisor.

Your union representative

Your union rep can connect you with additional supports beyond this program. Let HR know and we will pass your information along — your rep will follow up directly.