

# BEING YOUR BEST SELF!



**Emotional wellbeing** is tied to all aspects of wellness. The AOMBT benefits plan offers services to support your emotional wellbeing. Your [paramedical coverage](#) includes professional support from specialists that aren't covered by the public health system, such as Psychologists and Social Worker/Counsellors.

[Optima Global Health](#) is your Member Assistance Program. Services includes up to three hours of one-one-one counselling sessions over the phone, as well as personalized support for changes to lifestyle habits. Call 1-877-480-2240 if you need to talk to someone.

There are many community resources and supports available as well! Find resources local to you browsing the [Government of Ontario's mental health page](#) or by calling [211](#).



[MindBeacon](#) digital therapy is available free of charge to support Ontarians through stress and mental well-being concerns during COVID-19, funded by the Government of Ontario.

The [Mood Disorders Society of Canada](#) and [Mental Health Commission of Canada](#) both have a wealth of mental health and wellness resources to help you and your family cope with the pandemic.

[Anxiety Canada](#) has tools and resources specifically to help manage anxiety.

If you're dealing with addiction issues, including substance use, alcohol use, or problem gambling, [ConnexOntario](#) is there to help, with free and confidential health services via phone or chat, 24 hours a day, 7 days a week, at 1-866-531-2600.

[CAMH](#) has tools to help you manage as we adapt to the "next normal." [Canadian Mental Health Association](#) has tips on how to connect, even with social distancing.

[Children's Mental Health Ontario \(CMHO\)](#) has a variety of resources for youth and their parents.

[BounceBack Ontario](#) is a free, guided self-help program offering coaching, skill-building workbooks, and online videos to help you deal with feelings of anxiety or low mood.



## Questions?

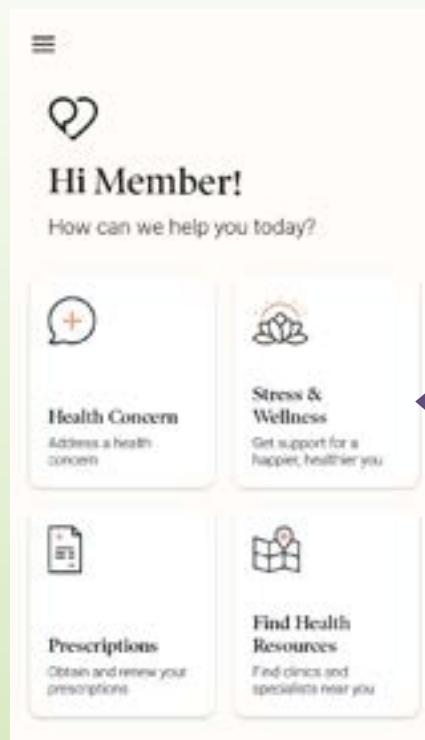
For more information or assistance, please contact us by calling 1.866.418.3773 or emailing [info@midwivesbenefits.ca](mailto:info@midwivesbenefits.ca).

# BEING YOUR BEST SELF!

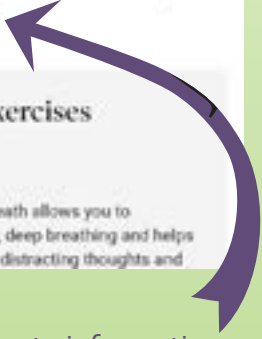
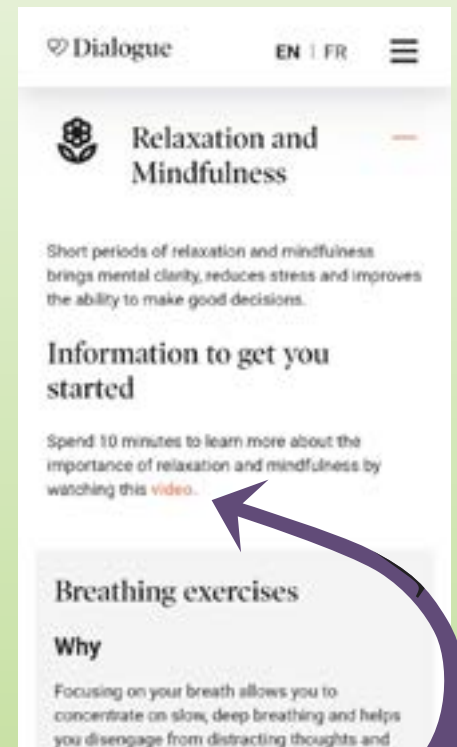


**Dialogue** is a virtual telehealth program. Download the app on your smartphone or access it online at <https://app.dialogue.co> on Google Chrome, Safari or Firefox.

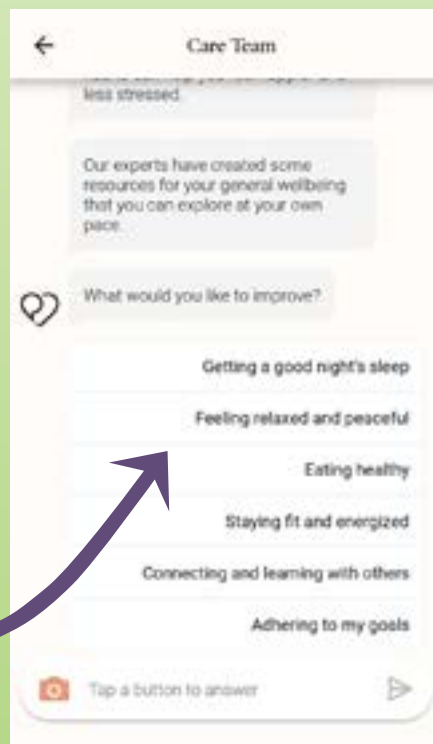
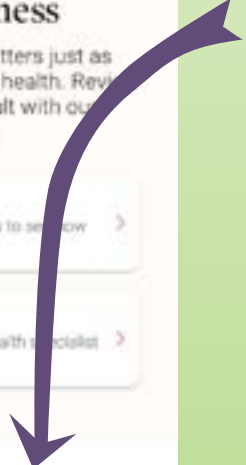
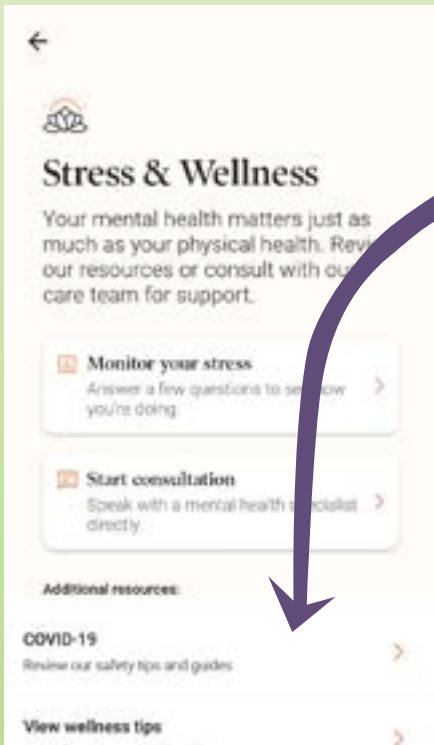
1. Click on 'Get started'
2. Enter your first name, last name and date of birth
3. Follow the instructions to create your account
4. Complete your profile and invite your spouse and children under "Profile" > "Family".



The **Dialogue Stress & Wellness** program can help you deal with stress, with 24/7 support and preventative health coaching, webinars and wellness tips and free psychotherapy sessions as needed, prescriptions, and medical treatment.



You can speak with a mental health consultant directly, or choose **View Wellness Tips** to access online resources.



Select from a variety of topics, like "Feeling relaxed and peaceful," to access a wealth of information.

You'll get access to information, exercises, videos, and self-assessment tools.



Questions? [Sign up for a Dialogue webinar to learn more.](#)