



ANCHOR POINT

Mental Health Support

Member Assistance Program



Supporting Mental Wellness in Nova Scotia's Construction Industry

High stress levels are at the core of many of the construction industry's leading mental and physical health challenges.

In response, **Construction Safety Nova Scotia** has partnered with **MERIT Nova Scotia** to launch **Anchor Point**, a new **Member Assistance Program (MAP)** designed for construction workers who do not have access to employer-sponsored support plans.

This initiative provides **FREE accessible, confidential, and personalized** mental health and wellness support through **GreenShield Health's** secure platform, **GreenShield+ (GS+)**.



- ✓ **Personalized Care**
- ✓ **Convenient Access**
- ✓ **Confidential & Voluntary**
- ✓ **Whole-Person Support**

Program Sponsors:



Why Choose the Anchor Point Member Assistance Program? (MAP)

Whether you're facing stress, anxiety, depression, or simply navigating life's complexities, **Anchor Point** is here to help.

Here's what you and your dependents receive:

- 3 hours of **individual counselling**
- 3 hours of **couple's therapy**
- Unlimited **financial and legal consultations**
- 3 hours each of **Work, Health, and Life transition services**

Your privacy is fully protected. Participation is always your choice, and your employer will not be notified or have access to any information you share.

Getting Started is Easy!

- Scan the QR code below or go to constructionsafetyns.ca/AnchorPoint
- Sign up and register your account!
- Use the Organization Code CSNSMAP to unlock your Member benefits



Scan QR code
constructionsafetyns.ca/AnchorPoint