

Good mental health comes with enough challenges.



Finding the right support shouldn't be one of them. We match you with a registered therapist best-suited to your needs through your counselling program provided by GreenShield Health.



Getting care that's built for you has never been easier.

Here's how it works:

1. Fill out our short online survey so we can understand your counsellor preferences including clinical experience, cultural fit, language and more.
2. Choose from a shortlist of counsellors custom selected for you.
3. Book an appointment in as little as 24-72 hours.

™/® Trademarks of Green Shield Canada. © 2024

GreenShield means, collectively, Green Shield Canada (GSC), Green Shield Association, and Green Shield Holdings Inc., which houses health services and benefits administration businesses, including Green Shield Health Inc. and Green Shield Administration Inc.



Log into your GreenShield+ account to access all your services.

greenshield.ca
Organization Code: CSNSMAP

