



Self-care and Wellness Support for RECEs

People Connect

Your wellness journey begins here

Sponsored by CECE

In order to nurture and care for others, you need the opportunity to nurture and care for yourselves, first and foremost.

It can be difficult to find and access self-care and mental health support, which is why the College has partnered with People Connect to provide free, convenient access to wellness resources designed to support you.

People Connect is an online service, accessible to all RECEs. Our People Connect partnership provides you with access to the following confidential services:

- An online mental health self-assessment tool, to understand symptoms of mental health conditions
- Virtual mental health therapy, to connect with a therapist of your choice for counselling sessions
- Information and a resource library for credible mental health information

Each year, **1 in 5** Canadians experience a mental health issue¹

75% of Canadians don't get the mental health treatment they need¹

More than **50,000** Canadians miss work every week due to mental health issues¹

¹CAMH.ca

Get Started with People Connect

1



Visit **CECEmentalhealth.com** and create a confidential account using your College membership

2



Complete the online mental health self-assessment and get matched with a counsellor based on your needs and preferences

3



Set up consultation appointment with your chosen counsellor to discuss your needs

4



Access the comprehensive resource library and read articles, listen to audio recordings, or watch videos

5



Book additional appointments and enjoy access to resources and counselling, free of charge.

For more information, please visit **cecementalhealth.com**