

Health and Wellness

People Connect

Welcome to People Connect,
People Corporation's Mental
Health Resource Centre

You and your family members have access
to mental health information, support,
and affordable therapy.

People Connect consists of:

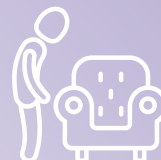
- A mental health knowledge forum with a full library, including articles, videos and podcasts
- Our proprietary assessment tool which is based on the Diagnostic and Statistical Manual (DSM), the most recognized mental health tool in the world
- Video therapy; affordable access to mental health treatment, booked in real time with a virtual therapist of your choice
- Virtual therapists have access to psychiatric collaboration for cases requiring additional support. This collaboration can be requested by your therapist. Psychiatrists can ensure pharmacological and behavioral treatment aligns with diagnosis.

**The first session is complimentary
and subsequent sessions are
\$75/hour or \$37.50/half hour.**

**Sessions can be done privately
in your own home.**



1 in 5 Canadians will
experience a mental
health condition
this year.



500,000 Canadians will
miss work this week
due to a mental
health issue



Over 60% of employees
want mental health
programs



Immediate access

Log in for immediate access to all of the mental health tools and services at pcpeopleconnect.com or through your Coughlin member portal at www.coughlin.ca.



Log in with your local union or plan name.



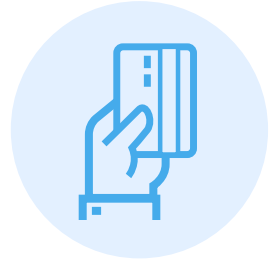
Read articles or watch videos.



Complete the mental health assessment.

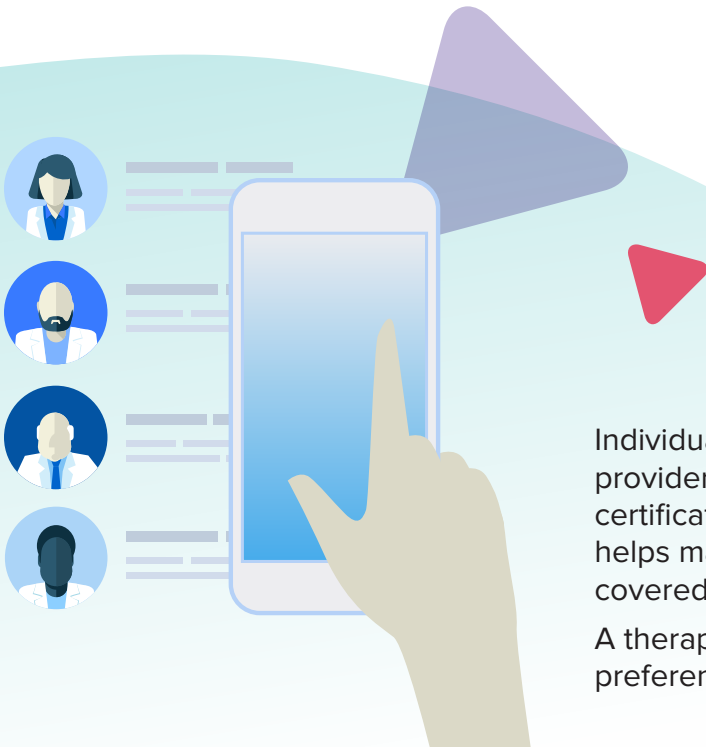


Connect with a therapist of your choice. Share your assessment with the therapist and receive consultation.



Use your paramedical benefits coverage to continue sessions with the therapist.

Pay the therapist online with a credit card and remit your virtual receipt easily to your plan administrator or Coughlin for all additional sessions.



Individuals often struggle to find or choose a qualified provider. It can be difficult to differentiate between different certifications and types of therapists. Our unique algorithm helps match you to a therapist who offers services that are covered by your insurance plan.

A therapist shortlist is generated based on your needs, preferences, care provider effectiveness and availability.

Manage the challenge of mental health

Easy-to-access digital platform with educational materials and virtual real-time therapy

First session included at no cost

Subsequent sessions are \$75/hour or \$37.50/half hour



Scan me