



Keeping a finger on the pulse of your total wellbeing.

Making the world a better place.

In the fast-paced, interconnected world we live in today, it's easy to get caught up in the negative news cycle. But what if we took a step back, slowed down, and focused on making our corner of the world a better place?



Supporting the LGBTQIA+ community: Tips for being an ally.

Even if you don't identify as someone within the LGBTQIA+* community, you can always support coworkers, loved ones, and the community by becoming an ally. Here's how to get started.

[Read more](#)



How to reduce your eco-anxiety.

Eco-anxiety is the stress caused by fears about climate change, plastic waste, animal extinction, and related issues, producing feelings of helplessness and guilt. Learn practical tips that can help reduce the impact of this stress.

[Read more](#)

Exclusive for registered users.



Coping in times of political uncertainty.

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Top pick of the month.



Quick tips for dealing with worry.

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Big brands, huge savings with Perks.

Enjoy exclusive offers on brands that support the safety and wellbeing of you and your family, like KinderCare, The Body Shop, York Test, and many more.



[Access offers](#)

Your organization's program may not include Perks. If unable to access, review your workplace benefits or speak to your Human Resources contact.



More to explore this month.

- In recognition of Pride Month, join us on June 8 at 1 pm EDT for **Coming Out to Support LGBTQIA+ Communities at Work**, a virtual and interactive chat with Dr. Amanda Dale, international human rights scholar and activist, and Michel J. Arsenault to discuss how to better support the LGBTQIA+ community in the workplace. This free webinar is part of our Workplace Learning series. [Register now.](#)
- Check out our [Wellbeing and Personal Development Videos](#) packed with information and advice to lead you toward a healthier mind, body and lifestyle.
- Visit our [CareNow Programs](#), a collection of comprehensive iCBT-based, virtual self-paced programs to help address wellbeing concerns. **CareNow Counsellor-Assisted** has the same flexibility but layers in the option to message a CareNow Counsellor for additional support. Access these services within the [Feel Supported](#) section of the platform.

We support your total wellbeing. We're here 24/7 for confidential advice and support by app, web, and phone.

Your organization's program may not include all services and features. To learn more, please log in with your account and review your workplace benefits. Or speak to your Human Resources contact.