

## 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.

[pcpeopleconnect.com/ACRC](http://pcpeopleconnect.com/ACRC)

### 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.

## Immediate access

Log in for immediate access to all of the mental health tools and services at [pcpeopleconnect.com/ACRC](https://pcpeopleconnect.com/ACRC) or through your Coughlin member portal at [www.coughlin.ca](https://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 Coughlin or you can have this expense directly billed to Coughlin.



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.

\*To facilitate payment by the plan administrator, you must consent to the release of personal non-medical information. This data will not be sent to unions or employers. Your Coughlin Client ID or Member Number is required for this option.

## 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

Use your Paramedical Benefits or Health Spending Account

