



CareNow Counsellor-Assisted.

Self-guided support with a counsellor's helping hand.

CareNow Counsellor-Assisted is a digital service where you can access self-directed wellbeing content and reach out via messaging for counselling support as needed.

Send a message to your counsellor at any time.

The great part about messaging in CareNow Counsellor-Assisted is that you can send a message to your counsellor at any time – even if your counsellor is not currently online. While your counsellor will not immediately respond to the message – this time before responding is used by your counsellor to read the message and give a meaningful and personalized response.



Ongoing support from a counsellor.

Your counsellor will schedule specific check-in dates and times to help you keep track of your goals. This also helps set clear expectations and keeps you engaged, motivated and on the way to better mental health.



Access CareNow Counsellor-Assisted.

You can access CareNow Counsellor-Assisted via a link in the Feel Supported section on the platform. You will be redirected to the CareNow Counsellor-Assisted platform to register. CareNow Counsellor-Assisted can also be accessed by calling the phone number below.



1.844.880.9142 or 1.844.671.3327