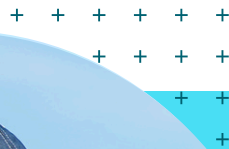




**EXPLORE
EDMONTON**



Mental Health On Demand



Get mental health support when it matters most

- **Confidential & convenient** access for mental health concerns or issues.
- **24/7/365 bilingual support access** to clinicians/nurses in minutes. Register and login to access this support line phone-number.
- **Virtual therapy appointments** available through the platform, typically within the next day with your matched therapist.
- Access to a **diverse network of therapists** with multiple languages, specialties, designations, and backgrounds.
- Free 15min consultations to get to know your matched therapist plus **1 complimentary hour of therapy + 1 complimentary hour of couples therapy.** Ongoing sessions at **\$90/hour.**
- **Children’s mental health support** through game-based mental health program to build emotional strength.
- **Indigenous support** through culturally-safe virtual mental health services delivered by Indigenous care providers for Indigenous people.
- **Self-led iCBT (Internet-based Cognitive Behavior Therapy)** access via lessons & skill-based exercises.



[**Click Here to Register Now!**](#)



Create your account by using your organization code & enrolled email

Organization Code: **explore**

Powered by GreenShield

This service is not intended for mental health emergencies. If you or someone you know has suicidal ideations, is self-harming, or harming others, call 911 immediately or visit your nearest hospital.