



January 29, 2020

Together we can help support the mental health of Canadians

Be a part of the conversation

Today mental health is top of mind for many of us. The incidence of mental health issues continue to rise and affects our families, colleagues and communities.

At Sun Life, we know the importance of supporting the mental health of your employees. We do this by providing innovative solutions to help them stay healthy or return to health. Last year we launched pharmacogenomics – a revolutionary way to get those on disability the right medication, faster. This year we will continue to explore and invest in solutions that will continue to make a difference.

We have a wealth of resources available for you to share with your employees:

- Our [Bright Paper](#) Innovations in Absence & Disability Management: Access to Care
- A [podcast](#) to help people understand the differences between various mental health professionals such as psychologists and psychiatrists
- Health content and other resources available on [Lumino Health](#)
- Our January 16 communication on [supporting good mental health](#)

We encourage you to be part of the conversation on mental health.

Questions?

Please contact your Sun Life Group Benefits representative.