

Mental Health Matters



Mental wellbeing is not about living a life without concerns, setbacks or challenges. Rather, it's about healthy coping and feeling confident to manage life's ups and downs.

We can all use a hand with this sometimes. Canopy provides free and confidential coaching, counseling, digital tools, and more to support you.

Contact Canopy for resources that help enhance your mental wellbeing and quality of life.

call: 800-433-2320 text: 503-850-7721 my.canopywell.com

