



# mHealth Virtual Mental Healthcare



**As a member of LiUNAcare Local 183, you and your eligible dependents have access to mental health information, support, therapy and a variety of other resources.**

**Easy-to-access digital platform with educational materials and virtual real-time therapy.**

Our new **LiUNAcare mHealth online platform** can help assess any mental health issues you may have and provide support. The results can be downloaded and shared with your primary care physician or your mental health counsellors. It is designed for adults over the age of 17. You can use the tool from the comfort of your own home on your computer or handheld device. Your responses will be confidential and secure.

To access mHealth from your computer click **mHealth** on the top right of our website – **liunacare183.com** – and follow the steps to register.



A mental health knowledge forum and library with videos and podcasts.



Proprietary diagnostic and statistical mental health assessment tool.



Video therapy; mental health care treatment.