



When you can't overcome life's challenges on your own, **Best Doctors can help.**

When you aren't able to get past tough situations like you hoped, turn to Mental Health Navigator. This confidential virtual service is available if you would like more information about mental health services near you, feel like your treatment isn't working, or your condition isn't improving. Our mental health clinicians are here to point you in the right direction when it feels like you've lost your way.



Getting the right help matters

About **1 in 6 Canadians** said they needed mental healthcare last year, yet a third did not get adequate help.¹

When you're not well, you need a special kind of support, and that's what Mental Health Navigator provides.

How Mental Health Navigator works:

1. Call **1-877-419-2378** to start a case.
2. One of our navigators (a qualified nurse) will be with you throughout your care, from your initial visit to pairing you with the right therapist, psychiatrist, or psychologist.
3. Through an action plan, communication, and time, you'll start feeling like yourself again.



Starting a case is easy

Go online at bestdoctors.com/canada/navigator or call 1-877-419-2378

¹<https://www.cbc.ca/news/health/mental-health-care-needed-by-1-in-6-canadians-1.1858867>