

Mental health made easy.



Get customizable online counselling from a diverse network of counsellors with onboarding support for you and your clients. GreenShield Health offers scalable counselling services designed to meet each client's unique needs. By thoughtfully matching individuals with counsellors based on lived experience, identity, and language preferences, the program ensures personalized support that feels safe, relevant, and accessible.



Help your clients get the right care. Anytime, anywhere.

Here's how it works:

1. Clients will fill out a short assesment.
2. We generate a list of counsellors best-suited for the clients needs based on clinical experience, cultural fit, language and more.
3. Clients can book an online appointment in as little as 24-72 hours, making accessing support easy, fast, and effective.

Why Counselling?

Our custom benefits program offers your clients employees confidential and personalized virtual mental health support without the wait.

More support for you and your network

Traditional virtual health services often involve weeks-long wait times for clients – forcing them to connect with the first available clinical expert for short-term care. **We do better.**

Let us do the heavy lifting and help find your teams the right support faster:



Personalized therapist
matching service



Simple online
booking



Convenient virtual
counselling appointments



Includes:

- Easy-to-access confidential video counselling for individuals and couples
- Appointments within 24-72 hours
- Access to a diverse network of qualified counsellors
- Seamless onboarding and support
- In-depth reporting
- Ability to sponsor employee counselling hours
- Add additional features as you go

GreenShield is uniquely structured as a non-profit social enterprise that reinvests its earnings and redeploys its services to support equity-seeking Canadian communities via its social impact initiatives, under GreenShield Cares. When you partner with GreenShield, you're helping employees – and all Canadians – live their healthiest lives. Your support fuels our ability to expand our impact and become an even stronger force for good in the communities we serve, all in the pursuit of Better Health for All.™

// When two like-minded organizations come together, we can amplify the message that everyone deserves care that meets their distinct needs. Our partnership with GreenShield enables us to break down barriers and create spaces where Black women can connect with trusted support, ensuring they feel seen, heard, and empowered on their mental health journey. //

Alice Wiafe
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GreenShield means, collectively, Green Shield Canada (GSC), Green Shield Association, and Green Shield Holdings Inc., which houses health services and benefits administration businesses, including Green Shield Health Inc. and Green Shield Administration Inc.