

Member Support for Healthy Minds

Support for: seeking childcare providers, separation and loss, relationship coaching, financial counselling, legal advice, major life changes, workplace and family balance, harassment, exposure to violence and trauma, and much more.

Need Help Now?

If you or a family member are looking for immediate assistance, call Homewood's **24-hour, toll-free, confidential number**:

1-800-663-1142

En français:

1-866-398-9505 | TTY: 1-888-384-1152

Important Info for Calling:

- Benefits are with PSBT (Power Sector Benefit Trust)
*You must be on the PSBT benefit enrolment
- Your Union is CUSW, under the Valard Contract

Access Online – Via Your Account Hub

<https://www.psbt.ca/group/psbt/account-hub>

For login help, contact: info@psbt.ca or 1-888-250-227



Homewood Health

If you are struggling with addiction, please reach out to either:

Craig Batty: 905-251-5635

Marissa Stajkowski: 807-472-4586