

# 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.psbtc.ca/group/psbt/account-hub>

For login help, contact: [info@psbt.ca](mailto: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