

Canopy Quick-Reference Guide

We make it easy for you and your family to access confidential coaching, counseling, work/life balance, and self-help resources



1

Convenient Connection

Phone, text, app, chat, email, or online support. Your first point of contact is with a mental health professional

2

Comprehensive Resources

We offer counseling (in person or virtual), life coaching, financial coaching, legal, child/eldercare support, resource research, housing support, digital self-help resources, gym discounts and much more

3

Personalized Care Plan

We'll guide you to the appropriate resource(s) based on your unique needs and preferences

4

Professional Guidance

You'll receive evidence-based action plans, customized resources for ongoing success, and follow-up to make sure you you're getting the support you're looking for

Access your member site

Get guided support to the services that best meet your needs. You can also browse all the free services available to you and your family.

Log in: [Here](#)

Get started now:

800-433-2320 text: 503-850-7721 my.canopywell.com



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