



Do you
need support?
HumanaCare is
here to help.

Free, confidential support and counselling for individuals experiencing work-life challenges.

- Marital and Relationship
- Stress and Anxiety
- Depression
- Substance Abuse
- Legal and Financial
- Bereavement
- Family and Parenting
- Anger Management
- Diet and Nutrition
- Self Esteem
- Work-Related Stress
- Harassment
- Healthcare Navigation Support
- Caregiving Support



[Click here to learn more](#)

1-800-661-8193

24 HOURS A DAY ANYWHERE IN NORTH AMERICA