



# Financial and mental health support for you

## Free credit support when you need it

Looking for extra guidance around your finances? The [Credit Counselling Society](#) can help! It's an award-winning, non-profit service that can give you free, confidential, one-on-one credit counselling and financial education.

Canada Life is offering debt management programs provided by the Credit Counselling Society, to Canada Life plan members – free of charge – until June 30, 2020. This date may be adjusted based on the market situation.

You can get practical resources to help you:

- Manage your expenses
- Pay off your debt
- Set financial goals that are relevant to you and your family

The Credit Counselling Society also offers free webinars through [MyMoneyCoach](#). Webinar topics include:

- Relationship and money
- Budgeting
- Credit and debt

Interested in learning more? Contact the Credit Counselling Society at 1-888-527-8999. If you live in Quebec or an Atlantic province, call 1-888-753-2227.

## Support for your well-being, webinar recording

If you missed the webinar, ***Resources to support your well-being***, you can still check it out! This free and informative webinar focused on services and support available through the Credit Counselling Society and Workplace Strategies for Mental Health. [Click here to watch.](#)

## Stay close to your plan while you're distanced from everything else

At a time when you're practicing physical distancing and staying as safe as you can, the last thing you want to do is leave the house unless you absolutely have to. To help with that, you have online options when using your plan.

- You can make a claim, upload documents and more on [GroupNet for plan members](#)

# NewsLine

News and updates for plan members



*The content in this NewsLine should not take the place of, or be a substitute for, medical advice or official guidance and/or direction issued by your public health authorities or local government. We encourage you to visit the World Health Organization website and your local government health authority websites for the most up-to-date and reliable information about the status of the coronavirus in your region.*

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