

Mental Health Awareness

You do things for your physical fitness, like eating healthful foods and exercising. How about also boosting your mental fitness?

Canopy is available to support you through life's ups and downs with:

- Coaching
- Counseling
- Work/life services
- Self-care tools

Contact Canopy today for resources that enhance your mental fitness, on your own terms

It's free, confidential, and available 24/7

