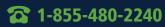
Professional and confidential help Available **24/7**



Vancouver: 778-370-3885 Ottawa: 613-667-3196 Calgary: Montreal: 514-352-2240 403-648-2764 Edmonton: 780-665-1108 Ouebec City: 418-476-5352 Winnipeg: 204-272-4252 Moncton: 506-801-9431 647-476-3906 Halifax: 902-442-0796 Toronto:

reception@optimaglobalhealth.com



Psychological and physical support

A simple question or concern is reason enough to contact us.

- > Stress or anxiety
- > Difficulties at work
- > Marital or family problems
- > Depression
- > Addictions
- > Financial and legal troubles
- > Career change
- > Physical health problems

Optim'assist offers a complete service!

- Counselling via telephone, in person or online (number of hours depends on your coverage)
- Support for changes in lifestyle habits
- Coaching and personalized advice
- Post-traumatic interventions
- Multidisciplinary team of professionals
- Guaranteed confidentiality