

# Mental Health Matters



**Mental wellbeing is not about living a life without concerns, setbacks or challenges. Rather, it's about healthy coping and feeling confident to manage life's ups and downs.**

**We can all use a hand with this sometimes. Canopy provides free and confidential coaching, counseling, digital tools, and more to support you.**

**Contact Canopy for resources that help enhance your mental wellbeing and quality of life.**

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