

# Confidential Substance Use Support from Any Device

You set your goals, and we help you meet them.



GreenShield Substance Use Management provides digital evidence-based support and coaching for working professionals. Whether you've been struggling with substance use or are just interested in making changes for a healthier lifestyle, you can help improve your relationship with substances in an on-demand, confidential, and stigma-free environment.



## Care Tailored to You

With self-guided resources, actionable strategies, and expert coaching, you can personalize your journey to achieve your goals.

**Dedicated Care Team:** Work with our dedicated care team, specializing in substance use, to reach your goals – all from a single, smart platform.

**Self-Guided Path:** Take control of your substance use journey at your own pace. Access personalized resources and evidence-based tools to support and track your progress.

**Digital CBT Modules:** Understand and manage your substance use through our evidence-based approach that includes internet-based Cognitive Behavioural Therapy (Digital CBT).

## Awareness Tools and Other

**Resources Available 24/7:** Monitor your substance use, cravings, mood, life functioning, and more using our awareness and tracking tools.

## Support for All Substances:

Manage and access resources for alcohol, nicotine, cannabis, cocaine, or other substance use on our solution.

**Personalized Coaching:** Get personalized support, tools, and accountability from our coaches. Easily schedule sessions with them through our calendar for timely assistance.

**Choose Your Own Pathway:** With multiple pathways for individuals and loved ones, you can choose which evidence-based care fits your needs and goals.



## Ready to Get Started?

Access GreenShield Substance Use Management on GreenShield+ today