

# Anonymous Virtual Peer Support

We can all benefit from a safe, supportive environment to help us manage our mental wellbeing

Regardless of what you're struggling with, you can connect online with peers sharing similar concerns 24/7/365

**It's free, confidential, and easy:**

- 1) Visit [my.canopywell.com](https://my.canopywell.com) and select **"Peer Support - Chat Now"**, or go to [supportiv.com/PEBB](https://supportiv.com/PEBB)
- 2) Start chatting to share and receive peer support and resources

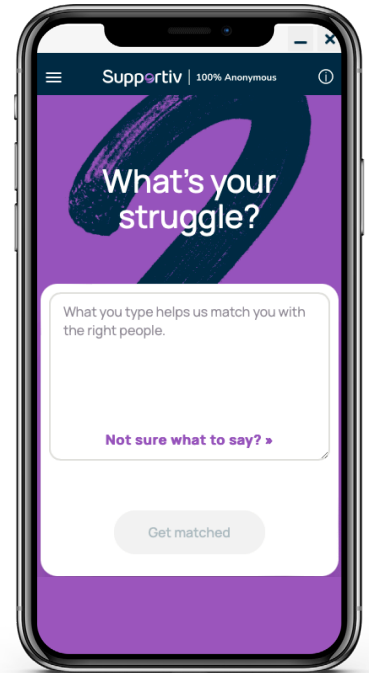
## Example topics

- Anxiety
- Depression
- Grief
- Health
- Loneliness
- Parenting
- Relationships
- Work



SCAN ME!

**Get started today**  
[my.canopywell.com](https://my.canopywell.com)  
800-433-2320  
[info@canopywell.com](mailto:info@canopywell.com)



**canopy**