

A listening ear

About 50% of the population will have or have had a mental illness by the age of 40.



Reach out early.

Access counselling and other wellness tools through your Employee Assistance coverage.

wellness.mb.bluecross.ca

Access your
Employee Assistance
Program today.

Manitoba Blue Cross Employee Assistance Centre

599 Empress Street
P: 204.786.8880
TF: 1.800.590.5553
mb.bluecross.ca

For the Deaf, hard-of-hearing and speech-impaired community, our EA centre can receive VRS calls.