



NOT ALL PAIN IS PHYSICAL

**20% of the population
in Canada currently
experiences a mental
health challenge**

**It's time to rethink
mental health.**

The Best Doctors Mental Health Navigator program is a new discreet and confidential way to seek help if you or a loved one is suffering from depression, stress, anxiety or related illnesses from the comfort of your home.

If you would like help finding a clinician or wish to receive an expert second opinion regarding a mental health diagnosis or treatment plan, contact Best Doctors today.

877-419-2378