



to support your mental health

You've likely heard 'it takes a village to raise a child'. But it also takes a village to support you or your family through life's ups-and-downs. As part of your village, ASEBP provides health benefits to help you reset and care for yourself.

Lean on your village for support, connection and hope, finding safe spaces to say, "I'm not okay." Visit asebp.ca/mentalhealth for more information.

#THINKSHAREHEAL #YOURASEBP

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ALBERTA SCHOOL EMPLOYEE
BENEFIT PLAN