



Inkblot

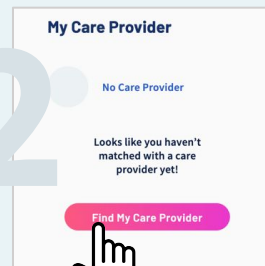
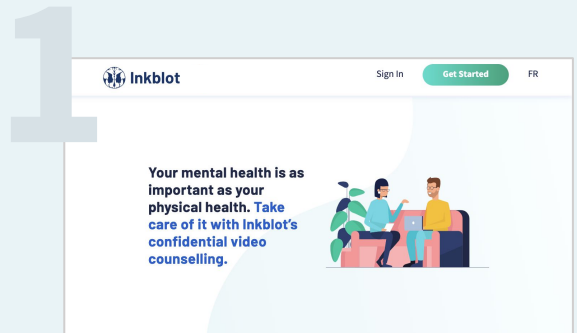
Your virtual mental health program

Now, a part of your full-time benefits program, Cantel is pleased to provide mental health support to you and your dependents. Inkblot is a provider of video counselling delivered on a secure and encrypted platform. Live counselling sessions take place on your smartphone, tablet or laptop. You can make an appointment as early as the same or next day.

This program is completely CONFIDENTIAL, voluntary, and accessible at your convenience. No one at Cantel will know if you or your dependents use this program.

Get started:

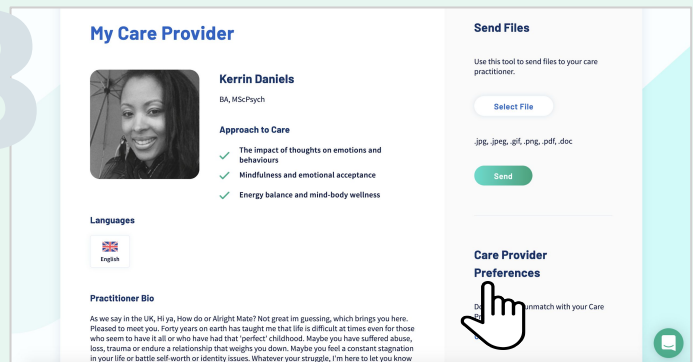
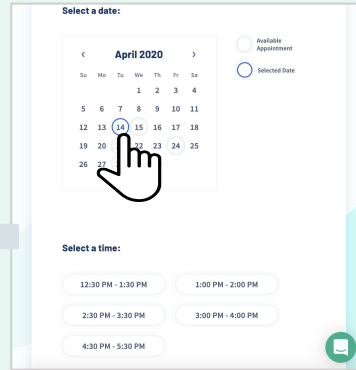
1. Go to <http://www.inkblottherapy.com/care> and click on **'Get Started'** to register. Dependents should be directed to this URL to create their own account.
2. Click on **Find My Care Provider**. You have the option of individual or couples counselling. You will then complete a short assessment to help match you to an appropriate counsellor. **Your first 30 minute individual session is free to make sure you are comfortable with the counsellor you selected.**
3. When it's time for your session, find a quiet place that has good wifi, and start your session.
4. If you are having any problems navigating the site, **click the chatbot** in the lower right corner of the screen.



INKBLOTTERAPY.COM/CARE

BOOKING FUTURE SESSIONS:

1. If you are happy with your selected counsellor, book your next counselling sessions by going to **Your Care Provider's calendar** and clicking on the date desired to see what appointment times are available.
2. Subsequent sessions are **reimbursable** through your insurance health plan, or paid privately.
3. If you would like to select a different counsellor, go to **My Care Provider and click 'unmatch'**. You will be asked if you want to reselect from the list of possible counsellor matches, or do the assessment again.



FOR MORE INFORMATION

If you need help while on the Inkblot site:

- Use the online chat feature
- Email support@inkblottherapy.com