

# When mental health support is personal, it's powerful

Exploring your mental health needs with a therapist who understands your lived experience can help you feel seen, heard and supported on your unique mental health journey. Noojimo Health offers you personalized support.



**Noojimo Health is the first and only all-Indigenous virtual mental wellness clinic.** Its compassionate circle of Indigenous healthcare professionals provides counselling services focusing on early intervention, prevention and mental health education.

## Get to know Noojimo

Through our partnership, you have access to:

1. Individual, family, and group mental health support through a culturally safe lens
2. Indigenous health professionals with decades of experience serving over 150 Indigenous communities and knowledge in community health, traditional teachings, and clinical practice
3. Virtual counselling services and educational programs delivered seamlessly through GreenShield+, our fully integrated digital health and benefits ecosystem



Sign in to your GreenShield+ account to get started.

[greenshield.ca](https://greenshield.ca)  
Organization Code:



# Getting started

You can easily access Noojimo when you sign into your GreenShield+ account. Simply tap the Noojimo tile to get started.

## STEP 1

After filling out an **intake form**, individuals will receive a confirmation email.



## STEP 2

**Noojimo's Office Auntie** will **contact them** to ask a series of questions designed to connect individuals with a health professional who can offer personalized care based on their unique needs.



## STEP 3

Once an **individual is matched**, their counselling sessions will begin.



Non-Indigenous registered therapists are available through GreenShield Health. With the help of a personalized therapist matching tool, you can connect with a therapist of your choice.

GreenShield is uniquely structured as a non-profit social enterprise that reinvests its earnings and redeploys its services to support equity-seeking Canadian communities via its social impact initiatives, under GreenShield Cares.

**There is no cost to members or plan sponsors for services provided by Noojimo.** Any services provided by Noojimo will not draw against the hours they are entitled to under their EAP. Services provided by Noojimo will be paid either through NIHB funding (if applicable) and when not applicable, will be paid by GreenShield Cares.

## Get in touch

Questions? Please contact **Noojimo's Office Auntie at 1-833-277-5678** or **GreenShield at 1-888-525-7587**.

**DISCLAIMER:** We wish to acknowledge the traditional, ancestral, and unceded territories where GreenShield employees, clients and partners gather across Canada. Our head office is located in Windsor, which is the traditional territory of the Three Fires Confederacy of First Nations, which includes the Ojibwa, the Odawa, and the Potawatomie. GreenShield honours all First Nations, Inuit and Metis peoples and their valuable past and present contributions to this land and the benefits it provides us all.

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GreenShield means, collectively, Green Shield Canada (GSC), Green Shield Association, and Green Shield Holdings Inc., which houses health services and benefits administration businesses, including Green Shield Health Inc. and Green Shield Administration Inc.



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