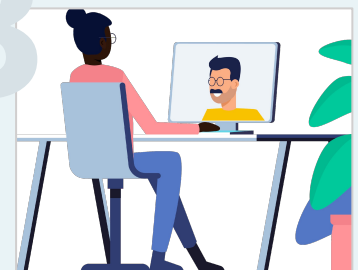
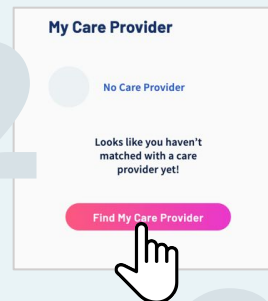
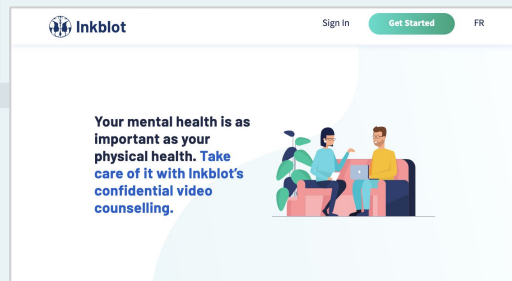


Gordon Food Service is pleased to provide Inkblot Access to support you and your dependents. Inkblot is Canada's first and largest digital Mental Health Program provider which offers video counselling delivered on a secure and encrypted platform. Live counselling sessions take place on your smartphone, tablet or laptop. You can make an appointment within 24-48 hours.

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

### Get started:

1. Refer to an email from Inkblot sent to your work email address with a direct link to set up your account or go to [www.inkblottherapy.com/gfs](http://www.inkblottherapy.com/gfs) and click on **'Get Started'** to register. Dependents can be directed to the URL to register for their own account.
2. Once you are logged in, you will have the option of selecting an individual or couples counsellor. Click on **Find My Care Provider**. You will then complete a short assessment to help match you to an appropriate counsellor. **Your first consult (15 minutes) is free.**
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 live chat green circle** in the lower right corner of the screen.



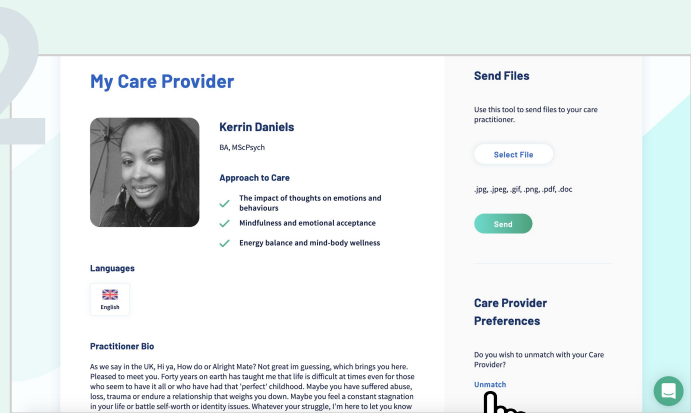
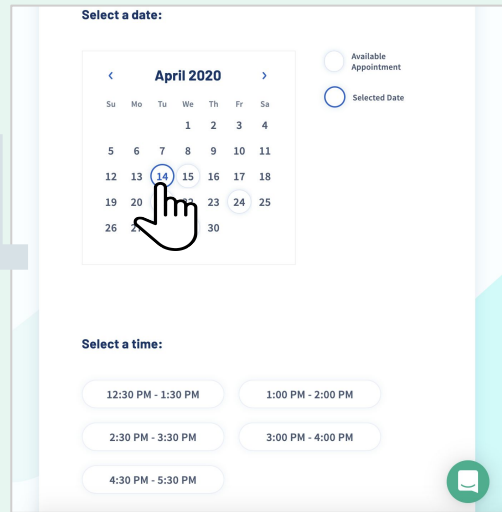
# BOOKING FUTURE SESSIONS:

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. **Your first consult (15 minutes) is free.**

After you have used your free consult, subsequent sessions may be **reimbursable** through your benefits health plan. You will be asked to input your credit card information when booking subsequent sessions and following the session you will be emailed a receipt for reimbursement.

Subsequent counselling sessions in Canada are \$90/hour. (Pricing subject to change)

2. 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. **You will have another free consult (up to 30 minutes) with your new counsellor.**



## FOR MORE INFORMATION

If you need help while on the Inkblot site:

- Use the online chat feature
- Email [support@inkblottherapy.com](mailto:support@inkblottherapy.com)