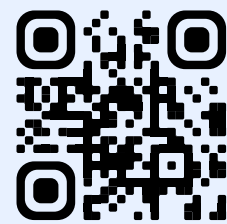


Healing Rooted in Culture, Community & Care

Indigenous members and their eligible dependents may face unique challenges connected to stress, trauma, burnout, and disconnection.

Through MembersHealth, United Association members and their eligible dependents have access to culturally grounded mental health and wellness support that honours Indigenous traditions, identity, and healing practices.



Book Your Virtual Appointment

Your Support Includes:



Culturally Safe Support

- Care rooted in Indigenous values, teachings, and holistic wellness approaches.



Mental Health & Counselling

- Connect with therapists and wellness professionals experienced in trauma-informed care.



Roots of Resilience Program

- Connect with therapists and wellness professionals experienced in trauma-informed care.



Private & Accessible Care

- Virtual care that fits your schedule, wherever work takes you.

Roots of Resilience

A culturally grounded healing program supporting Indigenous members and their eligible dependents through:

- Talking circles
- Storytelling & traditional teachings
- Emotional resilience building
- Elder engagement & spiritual care
- Optional 1:1 therapeutic support

Designed to support healing, connection, identity, and well-being.