

# Mental Health Matters

Canopy is available to support you through life's ups and downs with free and confidential coaching, counseling, digital tools, and more.

Contact Canopy for resources that help enhance your mental wellbeing and quality of life.



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call: 800-433-2320 text: 503-850-7721 email: [info@canopywell.com](mailto:info@canopywell.com)



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