



# WE ALL NEED SOME ONE



You're never alone when you use Lifeguard. Stay connected and talk with real people — with free access to mental health professionals, any time they may be needed.



**LIFEGUARD**  
DIGITAL HEALTH

Powered by **web**



**MÉTIS NATION**  
BRITISH COLUMBIA



# LIFEGUARD DIGITAL HEALTH

Powered by **evan**

To learn more about how we're  
combatting the opioid crisis,  
**visit us at [lifeguardDH.com](https://lifeguardDH.com)**