

SUPPORTING A BETTER YOU!

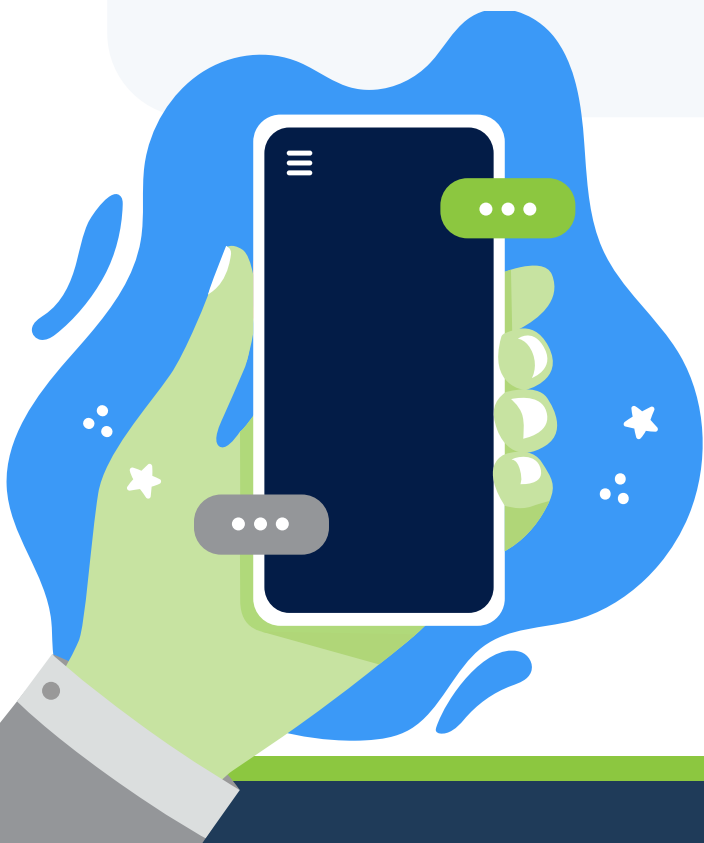
Tranquility

by Green Shield*



Tranquility by Green Shield is here to help Nova Scotians 16+ experiencing mild to moderate anxiety and/or depression – and there's no cost to use the program.

Get the support you need to feel your best with internet-based Cognitive Behavioural Therapy (iCBT), with the help of qualified and experienced coaches.



Scan the QR code to get started with Tranquility by Green Shield today.

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