

Confidential professional help
AVAILABLE 24/7

For more information,
visit assumption.ca.



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Assumption Life

HEALTH FOCUS
support service

1-855-806-8550
reception@optimaglobalhealth.com

Regardless of the situation and the nature of your problem, it is important to seek help. Contact our professionals.

The **HEALTH FOCUS** service includes:

- Six hours of counselling by telephone, in person or online
- Counselling for physical and psychological problems
- Legal or financial advice

There are various situations in which the **HEALTH FOCUS** service can help you:

- Stress or anxiety
- Difficulties at work
- Depression
- Marital or family problems
- Addiction
- Financial or legal problems
- Diabetes, obesity or other physical problems
- Etc.