

Are you struggling with stress, anxiety, or depression?

Èske w ap souvri ak estrès, enkyetid oswa depresyon?

Make an appointment with your BeWell team.
Pran yon randevou ak ekip BeWell ou a.

Book your appointment today

Rezève randevou w la jodi a nan:

844-665-4827
Sanitas contact center
Mon to Fri - 7 a.m. to 7 p.m.
Sat - 7 a.m. to 3 p.m.

786-833-8328
BeWell direct line
Mon to Fri - 9 a.m. to 6 p.m.

Virtual consultation 7 days a week
Konsiltasyon vityèl 7 jou pa semèn



We teach people to manage stress, burnout, healthy decision making and balance life and work

Why is the BeWell Program unique?

- **Accessible:** We are located in your Primary Care Office
- **Affordable:** Our program is less expensive than traditional models
- **Less Stigmatizing:** We focus on prevention and promotion of wellness

Nou anseye moun yo kijan pou yo jere estrès, fatig, pran desizyon ki bon pou sante yo epi kijan pou yo ekilibre lavi ak travay yo

Poukisa pwogram BeWell la inik?

- **Aksesib:** Nou disponib nan Biwo Swen Prensipal ou a
- **Abòdab:** Pwogram nou an mwen chè pase modèl tradisyonèl yo
- **Gen mwens Diskriminasyon:** Nou konsantre sou prevansyon ak pwomosyon pou byennèt

Sanitas Medical Center

Did you know?

1 in 5 people experience a Mental Health condition

The BeWell program provides comprehensive mental health services by a multidisciplinary team who helps people achieve their autonomy, quality of life, and optimal social integration.

Èske w te konnen?

Sou chak 5 moun gen 1 ki ap soufri yon Kondisyon Sante Mantal

Pwogram BeWell la ofri sèvis sante mantal konplè atravè yon ekip miltidisiplinè ki ede moun vin genyen otonomi, jere kalite lavi yo, epi entegre yo byen nan kad sosyal.

