

## September feature - Handling Change

Whether you're moving, in transition, or you're starting over, **inConfidence** is here to help you through the changes in your life.

You may be leaving home, starting a new job, getting used to a roommate, or adjusting to life as a single person. Maybe you're coping with a health change, or the challenges of a new phase of life. Contact **inConfidence** any time, 24/7, to speak with a professional consultant for confidential support and resources.

You can also log in any time to [www.myinconfidence.ca](http://www.myinconfidence.ca) to access helpful online resources such as these:

- A new infographic on [Getting Over a Breakup](#).
- A new podcast: [Coping with Loss](#). A leading expert offers guidance for those going through a death, divorce, illness, or other painful event and describes how to come out stronger and more resilient.
- Our recordings, [Navigating Workplace Change](#) and [Growing Stronger Through Change](#).
- Booklets, articles, and audio content in our [Change and Resilience Toolkit](#).
- Articles on [Coping with Change](#), [Growing Stronger Through Change](#), [Deciding to Move in with Your Partner](#), and [Thriving Through Workplace Change](#).

**Call inConfidence toll-free, any time: 1-877-418-2181**

**TTY: 1-877-371-9978**

**You can also visit [www.myinconfidence.ca](http://www.myinconfidence.ca)  
(username: NSSBA; password: inconfidence).**