

What is the Inkblot Member Assistance Program (MAP)?

Inkblot is a digital-first and progressive mental health provider that provides members and their dependents timely and effective support in all areas of their life. Inkblot's MAP, which all members and their eligible dependents have access to, provides 5 free hours of individual and couple counselling as well as 5 hours of health coaching, life transition coaching, career coaching. In addition, access to financial and legal consultations are available on an as-needed basis.

How many counselling hours does ARTA cover?

ARTA covers up to 5 hours of counseling per member/dependent. It also covers 5 hours of career, life and health coaching, and access to financial and legal support (on an as needed basis). Benefit year is November 1st – October 31st. The five hours of counselling resets on Nov 1st.

How do I get started?

Refer to an email sent by Inkblot to your email address or go to www.arta-map.net. Click on the green Get Started button and enter in your ARTA Member ID with the letters ART in front of your number (e.g., ART12345). You will be asked to enter your email address and create a password.

I am having trouble logging into Inkblot. What do I do?

To get assistance with logging into your Inkblot account you can email support@inkblottherapy.com or call 1-855-933-0103 and someone will be happy to assist you in setting up your account,

What if I don't like my Inkblot counsellor?

To ensure you and your counsellor is the right fit, Inkblot offers a free 15-minute consultation with your selected counsellor. This gives you the opportunity to ask the counsellor any questions about their approach to care and ensure they are who you want to work with and will meet your needs. If they are not the right fit, you can simply unmatch with that counsellor, match with a new counsellor and get another free 15-minute consultation with the new counsellor.

What is the Inkblot billing process? / Can I use my insurance?

Your first 5 hours of counselling is covered by ARTA. On your 6th hour of counselling, you will be prompted to enter your credit card information and will be billed the rate of \$90/hour for virtual counselling and \$110 for in-person counselling (single/couple). After completing the session, you will be emailed a receipt (or you can download it from your Inkblot online account) which you can use to submit a claim for reimbursement through Green Shield Canada.

Can my spouse/dependents use Inkblot?

Yes, your spouse and/or dependents can use Inkblot! They sign up independently of you by going to ARTA-MAP.net and clicking on 'Get Started'.

Will my ARTA know that I am scheduling sessions with Inkblot?

No, ARTA will not know if you have signed up for Inkblot or if you have scheduled or completed a session. Your use of Inkblot is voluntary and confidential.

How long is a typical Inkblot counselling session?

Counselling sessions are typically an hour in length. However, individual sessions can be booked for either 30, 60 or 90 minutes. Couple/family sessions can be booked for either 60 or 90 minutes. It is up to you the length of your appointment.

What are the Inkblot counsellors' credentials?

Inkblot counsellors have a minimum of a Master's degree and at least 5 years of previous experience. Additionally, they are accredited and are in good standing with their regulatory body.

What are the additional services available to me?

You have access to the Inkblot Advisory Services which include financial advice, legal support and health and career coaching and life transition support.

You have 5 hours of career, life and health coaching which don't count towards your mental health counseling.

For legal advice, you have access to a 30-60 minute consultation to ask any questions you might have. If you wish to continue seeing the lawyer, you receive up to a 25% off discount off their hourly rate.

For financial advice, you have access to working with a financial advisor. Appointments are usually between 30-60 minutes.

What if I am in crisis?

You have access to a 24/7/365 crisis hotline which puts you through immediately to masters-level clinician. The phone number to access the crisis hotline is 1-855-933-0103. This can also be found on ARTA-MAP.net