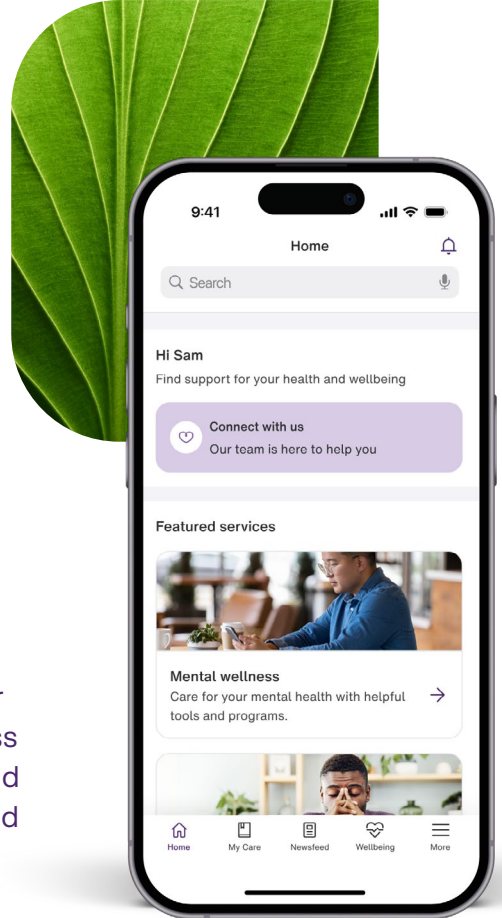




Your mental health matters.

Taking care of your mental health shouldn't wait. Your employee assistance program gives you direct access to professional counselling, innovative digital tools and community resources – all completely confidential and available whenever and wherever you need them.

Benefits of **TELUS Health EAP** for you and your family:



Extensive resource library

Discover tailored content and resources to support your health and wellbeing.



Digital self-help programs

Access the CareNow library of self-guided or counsellor-assisted modules for support on topics such as depression, anxiety, grief and more.



Expert counselling

Schedule an appointment with master's level multi-disciplinary counsellors – virtually, by phone or in person.



Comprehensive support

Receive guidance around family support services, legal assistance, financial assistance and more.



Support is at your fingertips. Log in to the TELUS Health One app or visit **one.telushealth.com**