

✓ No cost

There is no cost to use TELUS Total Mental Health. This benefit is provided to you and your immediate family members, by your employer, and includes access to personalized care plans and ongoing support from care navigators. If you need more specialized or longer term support, our team of experts can suggest an appropriate specialist or service that is best suited to your needs. While fees for these additional services are your responsibility, they may be covered by your health plan.

🔒 Confidentiality

Total Mental Health is completely confidential within the limits of the law. No one, including your employer, will ever know that you have used the program unless you choose to tell them.

Understanding TELUS Total Mental Health.

TELUS Total Mental Health offers immediate and confidential assistance to you and your family for work, health, financial, or life-related issues.

Available at all times and locations, this program is a confidential and optional support service that can guide you in initiating positive changes. Allow us to assist you in overcoming challenges at any age or phase of life.

You and your immediate family members (as defined in your benefits plan) can access immediate and confidential support tailored to your preferences, comfort, and lifestyle.

TELUS Total Mental Health



Let us help.

Let us help.

Access Total Mental Health 24/7 by phone, web or mobile app.



Your Total Mental Health program provides you with immediate and confidential help for a broad range of work, health, financial or life concerns. We're available anytime and anywhere. Let us help.



Convenient access to online resources.

TELUS Total Mental Health.

Caring for your mental health just got easier.

Features

Unlimited access to mental health support.

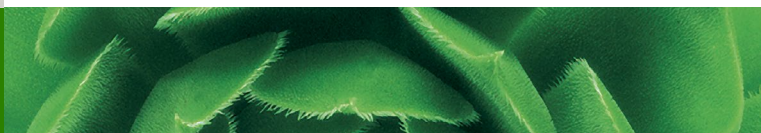
- Access to continuous care for you and your family
- Video, audio, chat and in-person counselling
- Counsellor choice - pictures, bios and specialties help you to decide

Care navigators to guide the way

- Available 24/7 to provide support and guidance
- Book, cancel or reschedule appointments
- Make referral recommendations
- Arrange real-time crisis support

Personalized care plans

- Dedicated counsellor who can work with you one-on-one
- Access to resources like online articles and modules, practice exercises, mood tracking and self-care strategies



Access Total Mental Health 24/7 by phone, web or mobile app. Download the TELUS Health One app now.

one.telushealth.com



 **TELUS**
Health

Solutions for your work, health and life.



Support wellbeing

Stress, mental health concerns, grief and loss, crisis situations.



Manage relationships and family

Communication, separation/divorce, parenting.



Deal with workplace challenges

Stress, performance, work-life balance.



Tackle addictions

Alcohol, drugs, smoking cessation, gambling.



Find child and elder care resources

Child care, schooling, nursing/retirement homes.



Get legal advice

Family law, separation/divorce, custody.



Financial helpline support

Debt management, bankruptcy, retirement.