



# Get started with Total Mental Health.

Total Mental Health from TELUS Health supports your mental health with:



**Continuous and immediate access** to mental health support - for you and your family.



**A Care Navigator** to help guide the way and connect you with further support.



**Personalized Care Plans** tailored for you.

Getting started with Total Mental Health is easy.

- 1 Download the TELUS Health One app or visit [one.telushealth.com](https://one.telushealth.com)
- 2 Watch your email inbox for an invitation to join the platform.



Contact TELUS Health any time, 24/7, for support:

Session with a counselor is scheduled after booking an appointment.



**TELUS** Health



## TELUS Total Mental Health

Caring for your mental health just got easier.

Total Mental Health gives you and your family access to continuous care that's designed to help support your mental health, holistically.

### Features



#### Immediate access to mental health support.

- Continuous coordinated care for you and your family
- Video, audio, chat and in-person counseling
- Counselor 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
- Help you understand and connect with your benefits
- Arrange real-time crisis support

#### Personalized care plans.

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



### Sample care plan modules:



Anxiety



Depression



Substance use



Family support for substance use



Mental wellbeing



Burnout



Burnout for health care providers



Grief



Trauma



Parenting

### To help support your overall health, you also have access to:

- Short term counseling
- Management consultations
- Legal services
- Financial services
- Career services
- Child care and elder care
- Large, diverse clinical network
- Online wellness features
- 24/7 crisis support
- Nutrition services

### Accessing Total Mental Health is easy.

1

Register for your account using the instructions provided by your plan administrator.

2

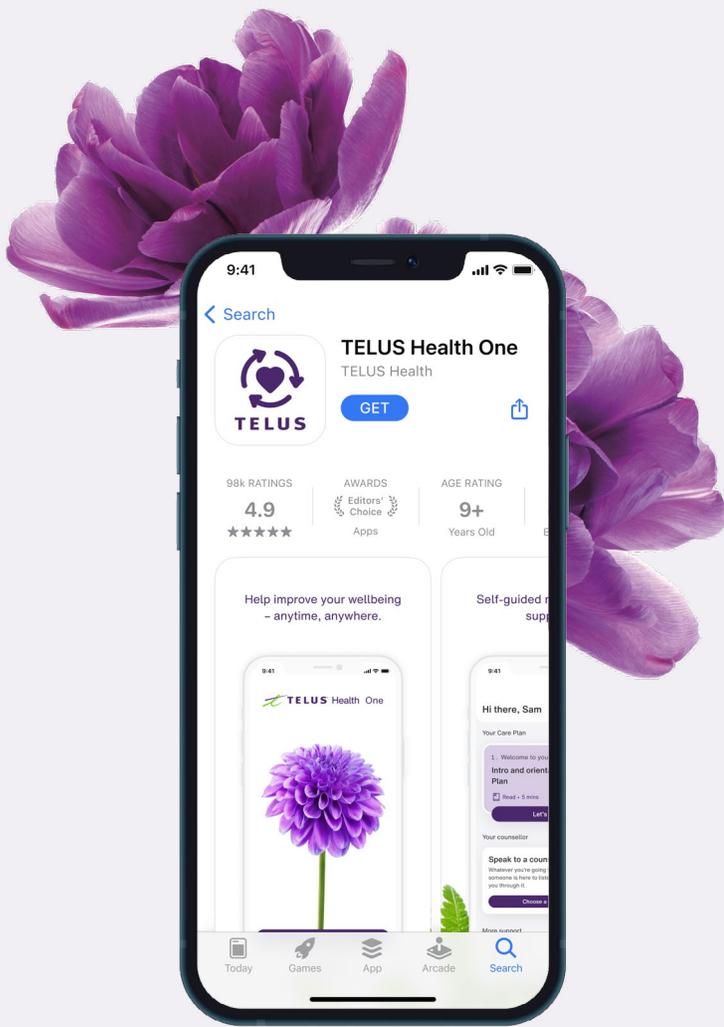
Download the app, visit our web platform or call, 24/7, to get the support you need.



Get the support you need today at [one.telushealth.com](https://one.telushealth.com)



24/7 support



 **TELUS**® Health

## Get started with Total Mental Health.

Download the TELUS Health One app.

TELUS Health can support your wellbeing with Total Mental Health.

### Use Total Mental Health any time you need:

- Continuous and immediate access to mental health support
- A Care Navigator to help guide the way
- Personalized Care Plans tailored for you
- Search for resources and tools on topics ranging from family and life to health, money and work

**Download the app today for convenient access to Total Mental Health.**

1. Download the free app on Android or iOS – simply search for 'TELUS Health One'.
2. Watch your email inbox for instructions on how to create an account.



What's more, the app acts like your digital wallet card. You can call an Employee Assistance Program (EAP) advisor with just one tap – toll-free, 24/7 – for expert advice, resources and referrals.

Call us, 24/7: