



### **Family support: Your EAP can help you navigate change**

If you or a loved one is experiencing life changes or challenges, you don't have to go it alone. Our resources may help you better understand what could be holding you back and give you the encouragement and guidance you need to reach out for support.

### **AWARENESS AND RECOGNITION DATES**

- 10<sup>th</sup>: World Suicide Prevention Day
- 25<sup>th</sup>: International Day of Peace

### **COMPLIMENTARY WEBINAR** *(Available on TELUS Health One):*

#### **Sharing my mental health with others: creating a positive experience**

Mental health is a vital part of wellbeing, yet changes in our mental wellbeing are to be expected during our life. These can be due to common developmental changes, life events, or significant and unexpected challenges and opportunities. A key skill to maintaining and improving mental wellbeing is the ability to seek support when experiencing stressors in life. This seminar seeks to empower participants to share their mental health with others by exploring situations when sharing with others can be beneficial, common characteristics

we should look for when choosing someone to confide in, and practical strategies to consider when creating a plan for when, where, and how to share.

To access, please use the login information provided by your employer.

Want to offer your employees more? We suggest these trainings: (Additional fees apply)

- [Creating a great family](#)
- [Healthy family](#)

## **PUBLIC ORIENTATION SESSIONS**

As part of our focus on Self-Care this month, we encourage employees to attend an EAP orientation session. These sessions provide an overview of the TELUS Health Employee Assistance Program, equipping both employees and managers with tools and resources to support mental well-being, resilience, and overall self-care. Upcoming orientations:

- Employees: September 3<sup>rd</sup> at 1 PM EST: [Register Here](#)
- Managers: September 23<sup>rd</sup> at 1 PM EST: [Register Here](#)

Find the full 2025 schedule attached within the PDF attached. If these dates and times do not work, feel free to view our recorded [employee](#) and [manager](#) orientations.



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## **Short promotional orientation videos:**

- US Employees: [TELUS Health EAP - Employee Orientation video - ENG](#)
- US Managers: [TELUS Health EAP - Managers Orientation video - US - ENG](#)

## **WHAT'S HAPPENING ON THE TELUS HEALTH ONE PLATFORM?**

Ready to take charge of your wellbeing? Dive into TELUS Health One's platform and mobile app to discover personalized tools, expert guidance, and practical resources designed to help you make positive changes.

### **Check out some wellness resources for this month: 🌻**

- [Suicide Prevention Toolkit](#) (toolkit)
- [Maintaining Healthy Habits when Life Changes](#) (Article)
- [The Importance of Self-Care infographic](#) (Infographic)

## **WELLBEING CALENDAR** 🌍

TELUS Health's wellbeing calendar supports your wellbeing planning by offering a look ahead to a full year of themed content. Explore the 2025 Wellbeing Calendar today:

Calendar today: [US - English](#) | [US - Spanish](#) | [Canada - English](#) | [Canada - French](#) | [Global](#) | [United Kingdom](#) | [Europe](#)

## **HEARTBEAT NEWSLETTER** ❤️ 📧

[Click here to register for our Heartbeat newsletter](#)

### **Don't Forget!**

Our TELUS Health EAP benefits are available to you and your household members—don't hesitate to reach out if you need assistance.