



Employee Assistance Program (EAP)

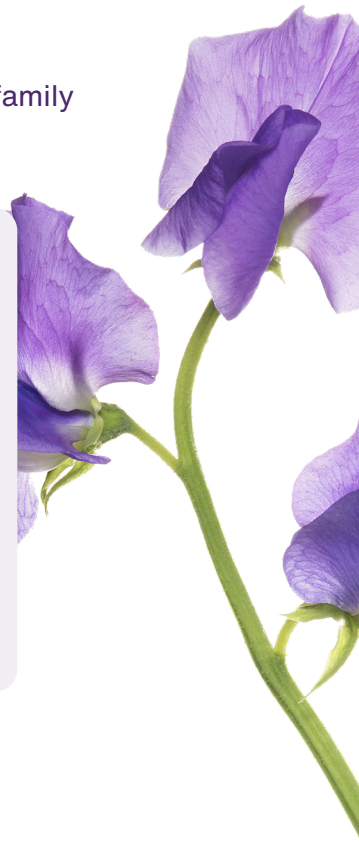
Reach out. Get help. Feel better.

You can trust the employee & family assistance program (EAP) to help you and your family find solutions for a wide range of life's challenges.

Our streamlined EAP gives you immediate* access to care when you need it most. You and your family can connect directly to qualified clinicians, skipping the traditional intake processes that often delay critical support when time matters most.

Caring clinicians can provide you with support related to:

- Fitness and physical health
- Mental health
- Relationships
- Nutrition
- Finances
- Elder care
- Legal
- Mindfulness coaching



There are many ways to get help today - all completely confidential.

You and your eligible family members can receive support over the telephone, in person, online, and through a variety of health and wellness resources. For each concern you are experiencing, you can receive a series of private sessions with an expert. You can also take advantage of online tools to help manage your and your family's health. You'll get practical and fast support in a way that is most suited to your preferences, learning preference and lifestyle.

TELUS® Health

Solutions for a wide range of life's challenges.

Let us help you:

Nutrition support
- Weight management
- Boost energy and resilience
- High cholesterol
- High blood pressure
- Diabetes
- Heart disease

Overall wellbeing
- Stress
- Depression
- Anxiety
- Anger
- Crisis situations
- Life transitions
- Mindfulness coaching

Financial support
- Credit and debt management
- Budgeting
- Bankruptcy
- Financial emergencies
- Changing circumstances

Legal support services
- Separation and divorce
- Civil litigation
- Custody and child support
- Wills and estate planning
- In-person legal consultation

Focus on your health
- Identify conditions
- Prevent illness
- Manage symptoms
- Discover natural healing strategies
- Create an action plan for better health

Manage relationships and family
- Separation and divorce
- Elder care
- Relationship conflict
- Parenting
- Blended Family issues

Deal with workplace challenges
- Work-life balance
- Conflict
- Career planning
- Bullying and harassment
- Manager Assist

Find child and elder care resources
- Maternity and parental leave
- Adoption
- Child care services
- Schooling
- Adult day programs
- Nursing and retirement homes

Tackle addictions
- Alcohol
- Tobacco
- Drugs
- Gambling
- Other addictions
- Post-recovery support



Please note the phone number has changed. Kindly update your records with the new number.

Visit us online: one.telushealth.com

Call us, toll-free, 24/7: 1-877-847-4525

Username: Municipal

Password: Wellness (case sensitive)

*Users are connected with a clinician within 30 seconds of calling in 90% of cases.

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