

Free and convenient

Access Wellness, a single-session counselling service provided by TELUS Health in English and French, is here to support your mental wellness. It is free for people living in Nova Scotia. You can have your session by phone, online with video, or in person.

Access Wellness is a safe space for adults (18+) in Nova Scotia. We welcome people of all genders and sexual orientations. You can come alone, with a partner, or with family members (everyone must be 18+).

With Access Wellness, you can talk privately with a trained counsellor who will:

- Listen and support you
- Tell you about other helpful services
- Teach you ways to handle challenges in your life

What is single-session counselling?

It's one session with a counsellor who can help you:

- Find and reach your goal
- Solve a problem
- Get support when you're having a hard time

FUNDED BY:



Get support today

Call: 1-833-691-2282

Visit: AccessWellnessNovaScotia.ca

Scan the QR code



Three simple steps:

- 1** Tell us what you need help with
- 2** Make an appointment
- 3** Meet by phone, video, or in person



In a crisis?

Call 1-888-429-8167 or 9-1-1.

You must be 18 or older to use this service.

access
wellness
nova scotia

Your mental wellness **matters.**

Support is **here.**



Scan the QR code to get quick access to a **free, private**, confidential counselling session and a follow-up action plan.

We can help with many mental wellness needs, including:

- ✓ Stress
- ✓ Depression
- ✓ Anxiety
- ✓ Relationship issues
- ✓ Substance use
- ✓ Loss
- ✓ ...and more



I feel like I'm in a mental health crisis, should I use Access Wellness?

If you feel that you're in a crisis, call the **Provincial Mental Health Crisis Line** at **1-888-429-8167**. If you or someone else might get hurt, call **9-1-1**.

Will everything I tell my counsellor be kept private?

Yes. Your talks with Access Wellness are private. The only time we need to share what you tell us is if we learn that someone might get hurt or might hurt others. If this happens, we need to tell people who can help keep everyone safe.

What is TELUS Health?

TELUS Health helps make communities and workplaces healthier. They work around the world to help people take care of their body, mind, and money. Their goal is to be the company people trust most to help them stay healthy.

How it's helped others

"I was feeling stuck and unable to communicate to my partner. We used Access Wellness together to help us through our challenges. Access Wellness helped us create an action plan and change our thinking to improve how we communicated. Things are now going great in our relationship!"



"Very thankful I had this counselling experience. It helped me so much! I think it's so wonderful to have a program like this to make counselling accessible to Nova Scotians!"



"My experience with Access Wellness was **INCREDIBLE!** My counsellor was incredibly skilled and committed to helping me. I really can't say strongly enough how big a difference this service and the well-written report have made for me. Thank you!"



"Access Wellness can change your life!"

