



# More Good Days Together



For Mental Health Awareness Month 2026, TELUS Health is joining the national effort to create *More Good Days, Together* by bringing practical tools, meaningful support and opportunities to connect, because mental well-being is something we build together.

To learn more about your benefits call your TELUS Health care coordinator or visit our MemberAccess portal at [memberaccess.behavioralhealthsystems.com](https://memberaccess.behavioralhealthsystems.com).



## Telehealth

Available via phone  
or web-based



## In-person

With a counselor  
or advisor



## Digital

Access to virtual  
solutions



800-245-1150  
[www.telushealth.com/en-us](https://www.telushealth.com/en-us)  
Benefits may vary. Call TELUS Health.

