



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.



Scan the QR code to access **MHAM Resources**
Call **TELUS Health** at **800-245-1150** to speak to your designated Care Coordinator about your benefits and options for support.



Telehealth

Available via phone
or web-based



In-person

With a counselor
or advisor



Digital

Access to virtual
solutions

