TELUS Health

SUICIDE PREVENTION AWARENESS MONTH

Lighting the Way

When darkness feels overwhelming, a single conversation can ignite hope. Share the light, spread the message, and help guide others toward brighter days.

Telehealth
Available via phone or web-based

In-person
With a counselor or advisor

Digital
Access to virtual solutions

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