Together for Mental Health

Mental health is just as important to our lives as our physical health

Taking care of your mental health is just as important as your physical health. TELUS Health offers services to support those dealing with emotional challenges like depression, anxiety, stress, family issues, substance abuse and more. In addition to local resources, national helplines and online counseling provide further support. Seeking help is a key step toward better wellbeing and resilience, ensuring you lead a healthier, more balanced life.

Mental Health Facts & Stats

- Nearly 1 in 5 U.S. adults experience a mental illness each year.
- More than 50% of adults with a mental illness do not receive treatment.
- Anxiety disorders are the most common mental health concern in the United States, affecting over 40 million adults annually.

National Resources

The links below may help you find resources to support your care needs.

SAMHSA.gov - Substance Abuse and Mental Health Services Administration

NAMI.org - National Alliance for the Mentally Ill

NMHA.org - National Mental Health Association

ADAA.org - Anxiety Disorder Association of America

CHADD.org - Children and Adults with Attention-Deficit/Hyperactivity Disorder

AutismSpeaks.org - Autism resources

DrugAbuse.gov - National Institute on Drug Abuse

Psychiatry.org - American Psychiatric Association

National Suicide Prevention Lifeline
1-800-273-8255

Crisis Text Line
Text **HOME** to **741741**

TELUS Health provides referrals to qualified mental health professionals that can help. Call TELUS Health at **800-245-1150** to speak to your designated Care Coordinator about your benefits and options for support.