



## May – Mental Health and Children

We strive to ensure our children have the nourishment they need to grow to be healthy adults. While well-balanced nutrition and physical activity are important, mental health is equally essential. Learn how we can help you to support your child's mental wellbeing.

### Meet Derek...

Derek has recently become concerned about his thirteen-year-old daughter, Charlotte. Over the past couple of months Derek has noticed that Charlotte has become more quiet than usual and quite withdrawn. She doesn't seem to want to spend time going out with friends and has changed her appearance and wearing different clothes to what she would usually wear.



One evening whilst online, Derek noticed that Charlotte was still logged onto one of her social media accounts and he saw some unpleasant comments about his daughter's appearance. Derek was initially very angry and then began to realise that this could explain Charlotte's recent change in behaviour and character. He attempted to speak with Charlotte however, he was unable to get much out of her. Feeling frustrated and worried as to what to do he called the EAP for some advice on how to handle and talk to his daughter.

The counsellor listened carefully to the situation and offered Derek advice on how to approach the subject with his daughter and guided him to some relevant articles on the platform. Derek felt calmer and more confident in speaking with his daughter and was grateful that the EAP was able to support with a family related issue.

## Exclusive Platform Resources for registered users

[Advocating for Your Child's Mental Health](#)

[Childhood Depression](#)

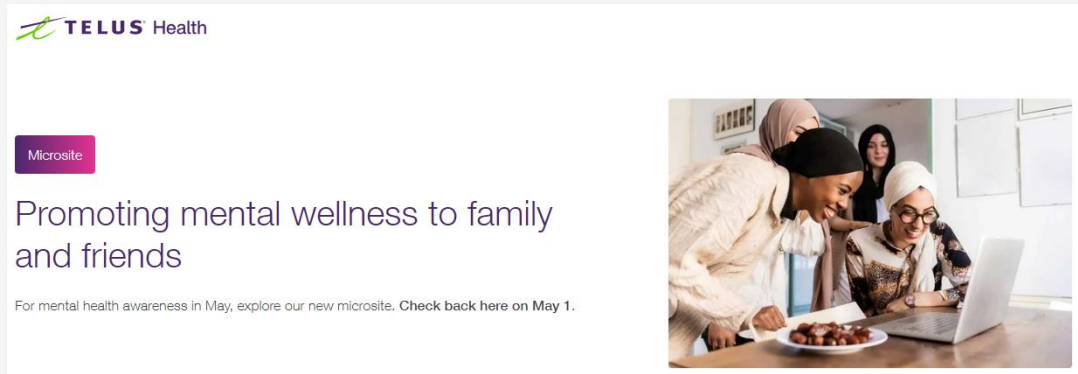
[Bringing up Resilient Children](#)

[Harmful Online Content: Finding alternatives](#)

Click on [Support & Resources](#) to access our homepage for helps with life's everyday issues and concerns.

## Supporting Mental Health in May

**New microsite launching – Promoting mental wellness to family and friends.** The microsite can be accessed as of May 1, on the TELUS Health One platform and the Heartbeat Hub (links below for microsite landing page).



[Canada English](#), [Canada French](#), [U.S. English](#), [U.S. Spanish](#), [United Kingdom](#), [Australia](#), [Global](#)

## TELUS Health Webinars EMEA in May

### TELUS Health Learning presents

Going beyond  
**Mental Health  
Awareness Week**



**14th May | 1:00 p.m. BST**

 **TELUS** Health

#### **Going beyond Mental Health Awareness Week**

14th May | 1:00 p.m. BST

60 minutes | This event will be held in English.

Registration page - <https://go.telushealth.com/mental-health-awareness-week>

#### **Webinar Hub**

If you have missed a recent EMEA webinar then these can be accessed [here](#)

## EAP Orientations

We are pleased to let you know that we will be providing monthly orientations of the TELUS Health service! You can share the following links by region with your team members:

EMEA – Thursday 16<sup>th</sup> May 3pm BST [Click here to register for the event](#)

APAC – Thursday 16<sup>th</sup> May 2pm AEST [Click here to register for the event](#)

Global – Thursday 16<sup>th</sup> May 1pm BST [Click here to register for the event](#)

## Free Health & Wellbeing Webinar – Asia Pacific Region (APAC)

**Theme:** Mental health and children

**Summary:** Managing work and family can be very challenging and stressful. Overcoming difficulties day in and day out with no end in sight makes it hard to maintain a positive outlook at home and to stay focused and productive at work. In this session, family wellbeing expert, Dr Rosina shares ideas for daily practices to help families focus on the positive aspects of life. More positivity at home with the children supports greater family mental and physical wellbeing, enabling working parents to be more motivated, focused, and productive at work.

Our APAC webinars are recorded, and registrants are sent a link which provides access for 1 month.

Link to register: [here](#)

**Date:** Wednesday 8<sup>th</sup> May

**Time:** 3:00 – 3:30am (BST)

## TELUS Health Wellbeing Awards 2024

We believe that a healthy and happy workforce is the cornerstone of success. That's why we're thrilled to announce the launch of our TELUS Health Wellbeing Awards, an initiative designed to recognize and celebrate businesses and individuals from across the world that go above and beyond to prioritize wellbeing within their organizations.

Registration is free and now open and closes on 17<sup>th</sup> May 2024!



TELUS Health  
**Wellbeing  
Awards 2024**



**Register your company  
for free now.**

[More information/Registration link](#)

## Israel/Palestine Conflict – support

- Our free, confidential, 24/7 EAP services are available for those needing emotional and mental health support. EAP services can be accessed via the usual channels (by phone or virtually, on the TELUS Health One app: [one.telushealth.com](https://one.telushealth.com))
- [This web page](#) offers resources for employees in various regions outside of Israel, including crisis phone line numbers and relevant articles. Individuals can call the crisis lines to receive professional emotional support and/or referral to community resources. This resource is available to everyone.
- Anyone located in Israel can call 1-809-349-101 (toll free) or 972-77-223-1110 for support.

