



April – Understanding Neurodiversity

Neurodiverse people often experience stigma because of a lack of awareness and understanding. Learning more about different conditions can be helpful, whether you have a neurodiverse brain or not.

Meet Sarah...

Sarah is a new member of a growing team and has struggled to settle into her new environment and make social connections at work. One day, she decided to confide in a colleague, Chris, that she has autism. Sarah explained to Chris that sometimes she struggles with being in large groups, with making eye contact and that she was worried others in the team may feel she comes across as being rude.



Chris assured Sarah that this was not the case and felt privileged that Sarah had confided in him and he wanted to support her however possible.

One day, whilst browsing the TELUS Health One platform, Chris came across a Neurodiversity toolkit. He was so pleased to find some high-level information about the topic, which inspired him to do further research. He was also happy to see more content around Diversity and Inclusion and other matters that weren't just related to mental health.

Sarah was relieved that she had confided in Chris and together they discussed small changes that could support Sarah and together they spoke to their manager about holding a Neurodiversity awareness day at work.

Exclusive Platform Resources for registered users

[Discovering you Have a Neurodiverse Condition in Adulthood](#)

[Exploring Autism Spectrum Disorders \(ASDs\)](#)

[Keeping Neurodiverse Kids Safe Online](#)

[Social Media: The good, the bad, and the balance](#)

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



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 18th April 3pm BST [Click here to register for the event](#)

APAC – Tuesday 16th April 2pm AEST [Click here to register for the event](#)

Global – Thursday 18th April 1pm BST [Click here to register for the event](#)

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

Theme: Neurodiversity at work

Summary: This session is designed to provide colleagues and managers who support neurodivergent team members, a deeper understanding of neurodiversity, overcome misconceptions and encourage the embrace of possibilities that inclusion of the neurodiverse community brings.

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

Link to register: [here](#)

Date: Thursday 18th April 2024

Time: 4:00 – 4:30am (GMT)

TELUS Health Webinars EMEA

We are pleased to announce that we now have the registration pages ready for this year's webinars:

- **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>
- **The power of self-compassion: cultivating kindness and wellbeing**
23rd July | 1:00 p.m. BST
60 minutes | This event will be held in English.
Registration page - <https://go.telushealth.com/self-compassion>
- **Streamlining your routine: Tips to create positive habits**
24th September | 1:00 p.m. BST
60 minutes | This event will be held in English.
Registration page - <https://go.telushealth.com/routines>
- **Breaking the mould: promoting emotional wellbeing in men**
19th November | 1:00 p.m. GMT
60 minutes | This event will be held in English.
Registration page - <https://go.telushealth.com/men-mental-health>



Webinar Hub

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

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 17th May 2024!

[More information/Registration link](#)



TELUS Health
**Wellbeing
Awards 2024**



**Register your company
for free now.**

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)
- [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.
- We have implemented our telehealth crisis support line in our core geographies:
 - o Canada: 1-844-751-2133
 - o United States: 1-877-757-7587
 - o Australia: 1800 512 188
 - o United Kingdom: 0800 088 5339

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