

## July – Courage to change: Guidance for substance

Are you or a loved one experiencing a substance use problem? If so we have the resources to help you identify warning signs and to support you through recovery.

### Meet Jorge...

Jorge is angry with his son and wants Damien to move out of the home. His wife, Damien's mum, doesn't want that to happen especially as Damien is not yet working. She is more concerned that Damien has developed an addiction. The difference in their approach has fuelled many arguments between Jorge and his wife. Jorge has a busy and demanding job, and no longer feels he can relax when he's at home. He wants the best for his son, but at present, he is angry with Damien for disrespecting the home and not doing anything positive with his life.



Struggling to find a way forward, Jorge contacts the EAP for advice.

Jorge explained the situation to an EAP counsellor, expressing his anger and concern for his son's safety and his wife's worry about Damien potentially having an addiction and the impact the situation was having on family tensions.

The counsellor explained that addiction is a complex issue that requires a thoughtful and supportive approach, and offered guidance on how Jorge and his wife could approach the situation as a united front.

The counsellor encouraged Jorge and his wife to have an open and honest conversation with Damien, expressing their concerns but also emphasizing their love and support for him.

Additionally, the counsellor provided Jorge information about local support groups for families dealing with substance use and addiction and shared resources from the EAP platform about substance use.

Jorge was happy he contacted the EAP as he felt he'd made positive step towards finding a resolution that would not only address Damien's potential addiction but also rebuild their family bonds.

### Exclusive platform resources for registered users

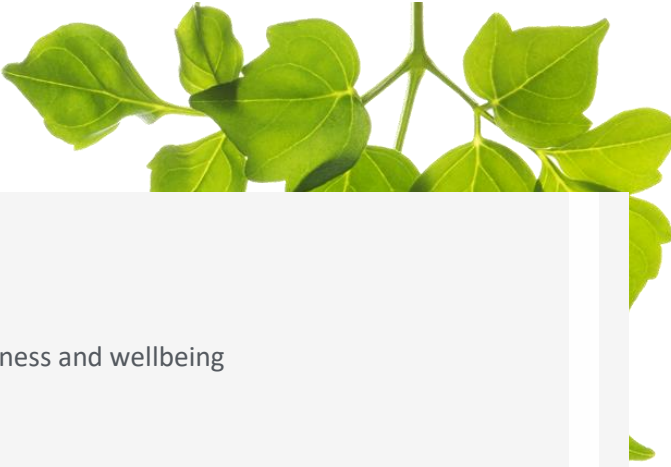
[When someone you care about engages in risky substance use](#)

[Recovery is possible](#)

[Why join a support group?](#)

[Recognizing signs of stress and overload](#)

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



## TELUS Health Webinars

### EMEA Webinars

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 - [here](#)

If you missed the recent Mental Health webinar on 14<sup>th</sup> May you can find this and all previous EMEA webinars here [EMEA Webinar Hub](#).

### US Webinars

1. Kindness  
12<sup>th</sup> July – 3pm ET/EDT  
30 mins – This event will be held in English  
Registration via wellbeing calendar - [here](#)
2. Motivate, recognize and energize employees  
26<sup>th</sup> July – 3pm ET/EDT  
30mins – this event will be held in English  
Registration page - [here](#)

### APAC Webinars

Alcohol and other drugs  
18<sup>th</sup> July – 4am BST  
30 mins  
Registration page - [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 18<sup>th</sup> July 3pm BST [Click here to register for the event](#)
- APAC – Thursday 18<sup>th</sup> July 2pm AEST [Click here to register for the event](#)
- Global – Thursday 18<sup>th</sup> July 1pm BST [Click here to register for the event](#)

## 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.

