

TELUS Health Community.



Create a sense of belonging through peer driven emotional support.

Isolation is a major mental health challenge.

20% of Canadians say isolation is the biggest challenge to mental health - making it the most cited challenge. Not only is isolation difficult for many, but people who report isolation as their biggest challenge have a lower mental health score than any other group.

TELUS Health Community can reduce isolation and improve your organization's mental health.



Online and anonymous.

Using online posts, people anonymously give and receive support from one another while trained professionals monitor posts and escalate crisis situations.



Ongoing support.

With TELUS Health Community, people realize they are not alone and become part of a peer network where they can give and receive ongoing emotional support.



Help in addition to EAP.

Ongoing support helps make mental self-care part of daily routines and keeps people feeling their best. TELUS Health Community can provide courage and confidence to reach out to the EAP.



TELUS Health Community is available directly through the TELUS Health One online platform.