



Understanding neurodiversity

Stigma can arise due to insufficient awareness and understanding of a particular group of people. This is a common issue that neurodiverse individuals can experience. Gaining more knowledge about different neurodivergent conditions is important for everyone, as it can help reduce the associated stigma.



Discovering you have a neurodiverse condition in adulthood.

A diagnosis of a neurodivergent condition such as ADHD, Autism, or dyslexia in adulthood can be both a relief and a worry. Discover some signs to look out for.

[Read more](#)

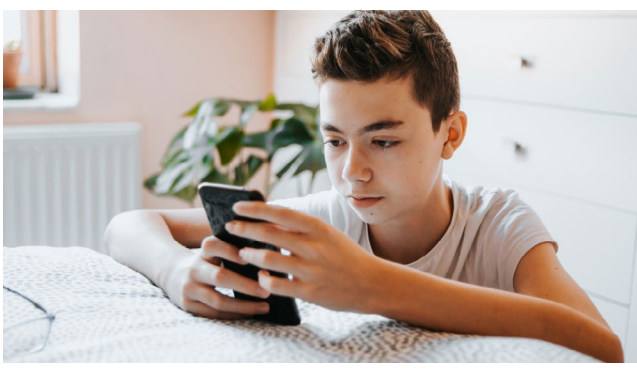


Exploring autism spectrum disorders (ASDs).

Autism spectrum disorders are defined as a diverse group of conditions, characterised by some degree of difficulty with social interaction, sensory processing, executive functioning, and communication.

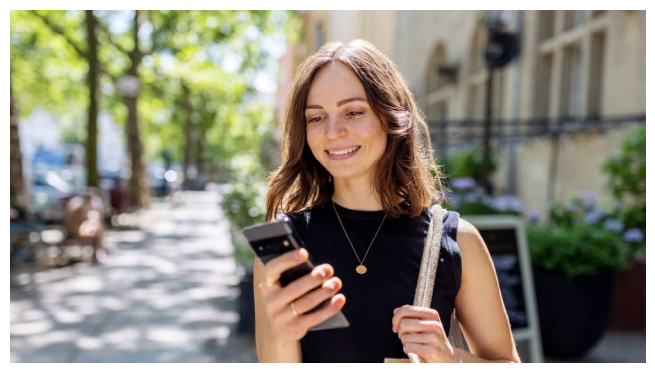
[Read more](#)

Exclusive for registered users.



Keeping neurodiverse kids safe online.

[Log in to access](#)

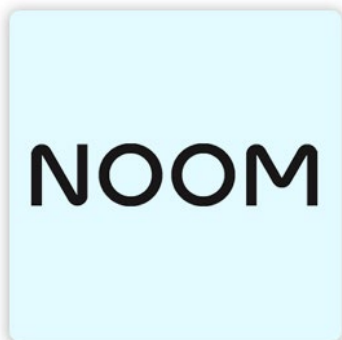


Social media: The good, the bad, and the balance.

[Log in to access](#)

Big brands, huge savings with Perks.

Enjoy exclusive offers on brands that can help you with your general wellbeing, like Noom, Panasonic, Philips and many more.



[Access offers](#)

Note that your organisation's programme may not include Perks. If you are unable to access the above offers, review your workplace benefits or speak to your HR representative.



More to explore this month.

- We are thrilled to announce the inaugural TELUS Health Wellbeing Awards 2024 – an initiative designed to recognize and celebrate businesses and individuals from across the world who go above and beyond to prioritize wellbeing within their organizations. For more information and to register, [Click here](#).
- Visit the [General Enquiry](#) form for help navigating the mobile or web app, accessing online resources or for information on counselling services.
- Explore the [Wellbeing](#) section of the app and feel supported in your journey to understanding your current state of health through one of our assessments, challenges, or programmes.

We support your total wellbeing. We're here 24/7 for confidential advice and support by app, web, and phone.

Your organisation's programme may not include all services and features mentioned above. To learn more, please log in with your TELUS Health One account and review your workplace benefits or speak to your HR representative.