



Eco-anxiety: How to cope when the future looks bleak.

Climate change, natural disasters, infectious diseases.

We hear more about these threats in the daily news and may have experienced them ourselves. Let us help you find ways to quell the distress that can be brought on by climate anxiety.



Managing stress after a natural disaster.

Managing stress after a natural disaster such as a flood, hurricane, tornado, or earthquake can be challenging. Here are some expert tips that may be helpful.

[Read more](#)



When you or your children are upset by news reports.

Media coverage is crucial in informing us about current events, natural disasters and other potentially upsetting events. However, it can also add stress for you and your family. Here are some ways to help manage media coverage's impact on your family's mental health.

[Read more](#)

Exclusive for registered users.



Resilience during a disease outbreak, epidemic, or pandemic.

[Log in to access](#)

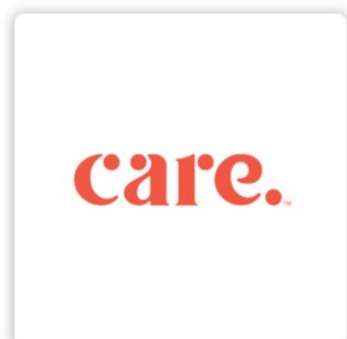


How to reduce your eco-anxiety.

[Log in to access](#)

Big brands, huge savings with Exclusive Offers.

Enjoy exclusive offers on brands that can help you with your general wellbeing, like Care.com, ResMed, and many more.



[Access offers](#)

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



More to explore this month.

- Join us for an all-access webinar: Responding to a Workplace Critical Incident on Thursday, 20 June at 1 pm AEST. In this webinar, we explore the varying responses and reactions to trauma, how to normalise these reactions, and how to empower individuals with practical strategies and support options. [Register now.](#)
- Visit the General enquiry form for help navigating the mobile or web app, accessing online resources or for information on counselling services. [Learn more.](#)
- 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 programs.

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

Your organisation's program 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.