



Mental health and children.

For mental health awareness in May, we are putting a spotlight on mental health and focusing on children.

As parents and caregivers, we strive to ensure our children have the nourishment they need to grow to be healthy adults. While well-balanced nutrition and physical activity are important, mental health is equally essential. Learn how TELUS Health can help you support your child's mental wellbeing.

Discover helpful content below and be sure to visit our new microsite today – [Promoting mental wellness to family and friends.](#)



Advocating for your child's mental health.

During childhood, parents may notice behaviours that indicate a mental health challenge. Here are tips for identifying such behaviours and seeking professional help.

[Read more](#)



Childhood depression.

All children experience sadness, but if it becomes chronic, they may be dealing with clinical depression. If you suspect depression, it's important to seek help.

[Read more](#)

Exclusive for registered users.



Raising resilient children.

[Log in to access](#)

Top pick of the month.



Harmful online content: Finding alternatives.

[Log in to access](#)

Big brands, huge savings with Perks.

Enjoy exclusive offers on brands that can help you with your general wellbeing, like Care.com, HelloFresh, 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: **Family wellbeing: Building positivity into family life** on Wednesday, 8 May at 12 pm AEST. Balancing work and family is challenging, often leading to stress and a lack of positivity. In this webinar, our family wellbeing expert, Dr Rosina, shares ideas for daily practices to help families focus on the positives, enabling working parents to be more motivated, focused, and productive at work and home. [Register now.](#)
- Visit [Assessments](#) on TELUS Health One for personalised insights and resources to improve your physical, mental, financial and overall wellbeing.
- A reminder that you have until 17 May to register yourself or your organisation for the TELUS Health Wellbeing Awards 2024 – an initiative designed to recognise and celebrate businesses and individuals from across the world who go above and beyond to prioritise wellbeing within their organisations. For more information and to register, [click here.](#)

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.