



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](#)



Bringing up resilient children.

All children benefit from coping well with challenges, change, and adversity. Developing coping skills can help build a foundation of resilience for now and the future.

[Read more](#)



Harmful online content: Finding alternatives.

It's easy for young people to access harmful content online. Although the Internet has many benefits, there are areas to be aware of, mainly accidental exposure to harmful content through pop ups or via social media sites.

[Read more](#)

More to explore this month.



- Visit [Assessments](#) on TELUS Health One and gain a better understanding of your current state of physical, mental, financial and overall wellbeing. Learn about positive changes you can make with personalised recommendations and resources.
- A reminder that you have until 17 May to register yourself or your organization 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.](#)

TELUS Health supports 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.