



## Mental health and children.

May is Mental Health Awareness Month in the United States. Accordingly, in this month's newsletter, 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.

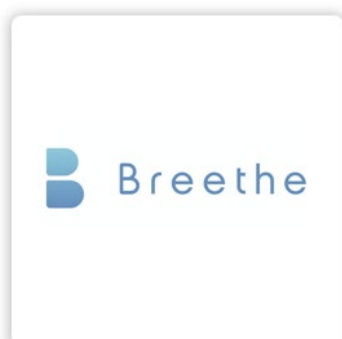


### Harmful online content: Finding alternatives.

[Log in to access](#)

## Big brands, huge savings with Perks.

Enjoy exclusive offers on brands that can help you with your general wellbeing, like Breethe, KinderCare, Shimmer ADHD Coaching, and many more.



[Access offers](#)

Note that your organization's program 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.

- Looking for ways to support, guide and nurture your child as they develop and grow? Visit our [CareNow](#) page for a collection of digital self-help programs available across various health topics, such as Effective parenting: School-age children and Effective parenting: Teenagers. These can be accessed when you like, at your own pace.
- 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 personalized recommendations and resources.
- A reminder that you have until May 17 to register yourself or your organization for the 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.](#)

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

Your organization'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.