



The 10th of October is World Mental Health Day.

Visit our new [microsite](#) to learn about nurturing mental wellness and cultivating compassion in the workplace.

Beyond sadness

In this month's newsletter, we are highlighting depression — one of the most common mental health concerns. Sadness is a natural human emotion brought on by life's challenges or sorrowful events. But when the feelings persist, you may be experiencing depression. If it's constant or overwhelming, it may be time to ask for help.



Are you struggling with depression?

Everyone occasionally feels sad or down, but these feelings usually pass. However, when a person is experiencing depression, the condition interferes with daily life.

[Read more](#)



Assessing if you are depressed

Recognising the signs of depression is a good first step; the next step is finding a solution.

[Read more](#)

Exclusive for registered users.



Do you have symptoms of depression?

[Log in to access](#)

Top pick of the month.



Making a referral to the assistance programme.

[Log in to access](#)

Big brands, huge savings with Perks.

Enjoy exclusive offers on brands that support your mental wellbeing, like Brightmind, Noom, SpaBreaks.com and many more.



[Access offers](#)

Your organisation's programme may not include Perks. If unable to access, review your workplace benefits or speak to your Human Resources contact.



More to explore this month.

- TELUS Health Learning presents **Making a case for kindness: embracing neurodiversity in the workplace** on October 10th at 1:30 pm BST | 2:30 pm CEST. You will gain invaluable insights from experts who will help you better understand neurodiversity, identify the benefits, challenges and myths associated with neurodivergent individuals and provide practical tips on creating an inclusive workplace that accommodates all employees. **[Register now.](#)**

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. To learn more, please log in with your account and review your workplace benefits. Or speak to your Human Resources contact.