



We are pleased to announce that our transformational journey is complete, LifeWorks has become TELUS Health. Your access to support programs, services and platforms remains the same. The website, app, communications, and events are now branded TELUS Health. [Click here](#) to learn more.

Brighten the future of a child.

Nurturing children’s mental health lays the foundation of their wellbeing as they grow to adulthood. Find out how to offer the best support to the important young people in your life.



Being a role model of resilience as a parent.

There are several good reasons to model resilience for your children. People who respond positively to life’s challenges and demonstrate resilience have more positive social relationships, lower levels of depression, better academic success, and better psychological wellbeing.

[Read more](#)



Youth and depression: Advice for parents.

Depression can also be difficult to identify in children and teens. Oftentimes, their behaviour is viewed as normal mood changes that accompany growing up, versus the result of a more serious emotional health issue.

[Read more](#)

Exclusive for registered users.



The big talk: Communicating with adolescents about serious issues.

[Log in to access](#)

Top pick of the month.



Recognising burnout in children and teens.

[Log in to access](#)



More to explore this month.

- Visit **Assessments** on the platform and gain a better understanding of your current state of health and financial wellbeing. Learn about positive changes you can make with personalised recommendations and resources.
- Explore the **Support & Resources** section of the app for helpful content like articles, videos, podcasts, and toolkits to help support your mental, physical, social and financial wellbeing.

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