



We are pleased to announce that our transformational journey is complete, LifeWorks has become TELUS Health. Your access to support programmes, 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.

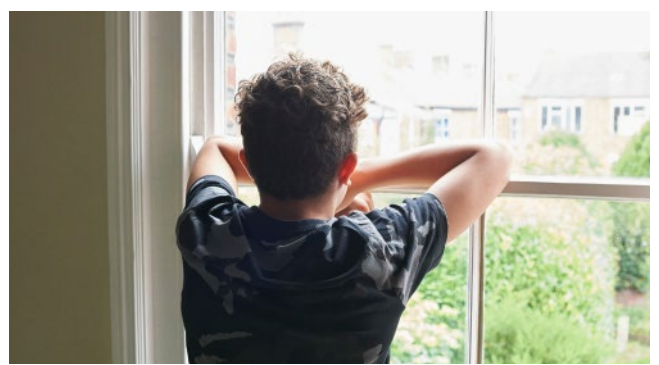
Nurturing children’s mental health lays the foundation of their wellbeing as they grow to adulthood. Find out how to offer the best support to the important young people in your life.



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](#)



The big talk: Communicating with adolescents about serious issues.

Raising adolescents can seem like an overwhelming and thankless job at times. You may not always feel comfortable broaching serious subjects during this challenging time, but it’s worth it. Helping kids deal with difficult choices now is an investment in their future.

[Read more](#)



Handling the back-to-school rush.

Late summer and early autumn can be a challenging time for busy families as children and adults alike readjust to a new routine. Shifting gears will be easier if you plan for schedule changes and get organised at home.

[Read more](#)



More to explore this month.

- Explore **Support & Resources** and discover 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 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.