Employee Assistance Program (EAP)

Counselling Services

From time to time, we all need support to deal with an issue or challenge. If you could benefit from professional help to proactively address a personal or work-related concern, you can turn to TELUS Health.

The Employee Assistance Program (EAP) is available to you and your dependents at no additional cost (as defined your benefits plan) and includes access to confidential counseling. Here are just some of the ways that EAP counseling can help:

- You're dealing with conflict or changes at work and it's affecting your productivity.
- You'd like to learn to better control anger or manage stress.
- You recently learned you have a chronic illness or disability.
- You're going through a separation or divorce.
- You're concerned about an addicted spouse or family member.
- You're struggling with self-esteem or communication issues; parenting challenges; midlife concerns; sexual orientation or gender identity, or other personal issues.

To get started, contact us toll-free anytime, 24/7, to speak with a caring advisor for guidance, resources, and a referral to a counsellor for face-to-face, telephonic, or video sessions for short-term, solution-focused counselling. All our counsellors are experienced therapists with a minimum Master's degree in psychology, social work, educational counselling, or other social services field.

Call us at 1-844-671-3327 or visit us at one.telushealth.com
Username: HPE/Password: wellbeing

TELUS Health