

# PROGRAM OVERVIEW & ELIGIBILITY



**CANADA EMPLOYEES CALL: 855-522-1217**

Get support for everyday challenges and more serious problems. This free and confidential service is available around the clock, anytime you need it.

## Who is eligible

TELUS Health provides mental health services for all eligible employees, their families and household members (including union employees of Nuvumiut and Ganotec). You will have access to coaching or therapy sessions at no cost.

## What you get

- Short-term counselling - 4-5 sessions to help with issues related to relationships, family, addiction, work-related, emotional and more
- On-demand resources- E-books, articles, toolkits, infographics, webinars and podcasts
- Work-life services - Consultations for legal, financial, nutrition, health, plus career and family support services
- Live care support - Personal support helps guide employees to find available resources, find the right counsellor, books appointments and provide immediate support - if needed.

Reach the EFAP at [855-522-1217](tel:855-522-1217) or sign in at [manulife.ca/signin](https://manulife.ca/signin) and access under “Mental Health Support” or sign in to Manulife mobile app.