

Mental Health Matters.

This May, we recognize what truly matters — your wellbeing. Mental health is not optional. It's essential to living a balanced, fulfilling life.

A MESSAGE FROM YOUR TEAM

You Are Not Alone

"May is Mental Health Awareness Month — a time to pause and remind ourselves that mental health is just as important as physical health. Whether you're thriving, struggling, or somewhere in between, support is available and it's okay to ask for it. We encourage every team member to check in with themselves and those around them."

Mental health affects how we think, feel, and act — shaping how we handle stress, relate to others, and make decisions. This month, we're spotlighting the resources available to you and sharing practical ways to support your wellbeing every day.

BY THE NUMBERS

Mental Health at Work in the US

22%

of American employees have a high mental health risk

34%

of workers feel under constant stress

29%

of workers feel overwhelmed by their responsibilities

DID YOU KNOW?

Financial Stress & Productivity

Key Insight

44% of US workers cite financial concerns as their leading source of personal stress, and 21% say their mental health is negatively impacting their work productivity. These numbers remind us why workplace mental health support matters.



KEY DATES THIS MONTH

May Awareness Moments

May 1

Mental Health Awareness Month Begins

The entire month of May is dedicated to raising awareness about mental health in the US.



May 5–11

Children's Mental Health Awareness Week

Supporting the mental health of children and young people.



May 15

Global Mental Health Awareness Day

A global moment to reflect on psychological health as essential to overall wellbeing.



May 22

Anxiety and Depression Awareness Day

Shining a light on two of the most common mental health challenges in the workplace.



Ways to Support Your Mental Health This May

Small, consistent actions can make a meaningful difference:



Talk About It

Sharing how you feel with a trusted colleague or professional reduces isolation and builds connection.



Practice Mindfulness

Even five minutes of deep breathing or a short walk can reduce stress and improve focus.



Set Boundaries

Protect your time by logging off consistently and limiting after-hours messages to prevent burnout.



Check In on Others

A simple "How are you really doing?" can make a big difference and foster belonging at work.



Prioritize Sleep

Quality sleep is foundational to mental health. Aim for 7–9 hours and create a calming pre-sleep routine.



Reach Out for Support

Using your EAP is a sign of strength. Confidential support is available 24/7 — for any challenge, big or small.

FEATURED ON TELUS HEALTH ONE

Resources Available in Your App This Month

Log in to TELUS Health One to explore this month's curated Mental Health Awareness content — available now in your app or at one.telushealth.com.

VIDEO



Mental Health Awareness

A guided video exploring what mental health awareness means and how to take meaningful action.

[Watch Now →](#)

ARTICLE



Mental Health Myths and Facts

Separate fact from fiction and learn the truth about common mental health misconceptions.

[Read Now →](#)

TOOLKIT



Mental Health Toolkit

Practical tools, self-assessments, and resources to help you build and maintain your mental wellbeing.

[Explore →](#)

Access these resources anytime via the TELUS Health One app or at one.telushealth.com

Ready to Take the First Step?

Your EAP is available 24/7 — confidential, no-cost, and just a call or click away. In 90% of cases, you're connected with a clinician within 30 seconds.

[Access Your EAP Now →](#)

YOUR SUPPORT RESOURCE

Help Is Available

As part of your employee benefits, you have access to confidential mental health and wellbeing resources through TELUS Health. All services are completely confidential.



TELUS Health EAP

Connect with a licensed clinician 24/7. Confidential support for stress, anxiety, relationships, finances, legal questions, family issues, and more.

Available 24/7 · No cost to you



TELUS Health One App

Access your EAP, book counseling, explore wellness programs, and track your goals — all in one app.

iOS & Android · one.telushealth.com

LET'S BREAK THE STIGMA

It's Okay to Not Be Okay

According to the TELUS Mental Health Index, 45% of US workers would be concerned about their career options if their workplace knew they had a mental health issue. This Mental Health Awareness Month, we're committed to changing that narrative.

Mental health challenges are common, treatable, and nothing to be ashamed of.



A Note for Managers & Leaders

You don't need to have all the answers. Creating a safe space for open conversations, checking in regularly, and pointing team members to available resources can make a profound difference. Management consultations are available through your EAP.


EMPLOYEE ASSISTANCE PROGRAM (EAP) ORIENTATION

Not Familiar with Your EAP? Get a Refresher.

These sessions equip employees and managers with tools to support mental wellbeing, resilience, and self-care. Register for an upcoming orientation:

EMPLOYEE ORIENTATION

Learn how to access your EAP, what services are available, and how to get confidential support for yourself and your family.

 May 4th at 1:00 p.m. EST

[Register Now](#)

EMPLOYEE ORIENTATION

Equip yourself with tools to recognize signs of distress, have supportive conversations, and connect your team to resources.

 May 6th at 1:00 p.m. EST

[Register Now](#)



Powering healthier, more resilient workplaces across the World. Supporting mental healthcare services and technology in over 160 countries.

All TELUS Health EAP services are completely confidential. Your employer will never know you have used the program unless you choose to tell them. This communication does not constitute medical advice.