

# TELUS Health Employee Assistance Program

Are you, your staff, or family members struggling with:

Mental Health

Work-Life Balance

Stress

Fitness & Nutrition

Relationships

Parenting

Critical Incidents

Disaster Relief

...or more?

Freshcare offers **FREE** professional assistance to all Freshcare certified participants, their staff, and family members through the TELUS Health Employee Assistance Program (EAP).

Scan the QR codes below to find out more:



About the TELUS Health EAP  
and available resources



How to Access TELUS Health  
services

For free 24/7 confidential coaching and support  
call **1300 360 364**

None of the information you share with TELUS Health will be shared with Freshcare or your employer.