

Virtual **mental** **health support 24/7.**



Akira by TELUS Health makes mental health support accessible and within reach – anytime, anywhere. This service allows employees and their family members to have secure mental health consultations right from their phone or computer, by text or video chat.

Canadian employers who are adding mental health programs into their benefits plans are helping to bring mental health out of the shadows, while also safeguarding the health of their business by improving employee engagement, reducing absenteeism and increasing employee morale.

- 500,000 Canadians miss work every week due to poor mental health⁽¹⁾
- Mental illness is one of the top three drivers for 80% of short- and long-term disability claims⁽²⁾
- Nearly 25% of Canadians living with mental health issues are unable to work⁽³⁾
- Depression is one of the most frequent reasons for lost productivity⁽⁴⁾



Mental health support

By text or video.
In English or French.
From home, work or
while traveling abroad.

Akira by TELUS Health offers employees convenient, private access to mental health professionals 24/7, every day of the year. Our team of dedicated professionals is always available for employees to get the help they need in a way that is simple and approachable - resulting in a happier, healthier, more engaged workforce.



Unlimited, unrestricted 24/7 mental health support.



Clinical screening & mental health assessments.



Support by secure text and video conversations.



Studies have shown that **happier employees are better employees** – increasing productivity anywhere from 12% – 20%.⁽⁵⁾



Personalized mental health plan management.



In-house bridge to psychiatry.



Referrals to registered mental health therapists.

Broad spectrum mental healthcare at your employees' fingertips.

Our team of clinicians can triage, counsel, diagnose and prescribe, and our registered mental health specialists are available for appointments directly on the app. Together, they can address a wide range of conditions, including:

- Anxiety
- Dealing with everyday life complexities
- Depression
- Eating disorders
- Emotional instability
- Family challenges
- Focus
- Grief
- Health conditions
- Obsessive compulsive disorder
- Panic attacks
- Parenting challenges
- Post-traumatic stress
- Pre-/post-natal adjustments
- Relationships
- Stress
- Work challenges

Help your employees get the mental health support they need.
telushealth@telus.com

Resources:
 1. Deloitte Insights, A blueprint for workplace mental health programs
 2. Making the Case for Investing in Mental Health in Canada
 3. The Conference Board of Canada, retrieved from CBC Canada report
 4. Presenteeism: at work--but out of it
 5. SMF: Happiness and productivity: Understanding the happy-productive worker