



There are **MULTIPLE RESOURCES** available to you and your **ENTIRE FAMILY** through UA Canada.

Your mental health and well-being is **JUST AS IMPORTANT** as your physical health.

These services are **COMPLETELY CONFIDENTIAL** and voluntary. No one will know you have accessed them unless you choose to share.



MENTAL HEALTH AND WELL-BEING RESOURCES

UA Canada Member Assistance Program provides members and their families with **IMMEDIATE AND CONFIDENTIAL HELP FOR ANY WORK, HEALTH OR LIFE CONCERN** at no additional cost. Access by phone, web or mobile app.

These programs are available any time and anywhere to help members and their families find solutions to the challenges they may face at any stage of life.

From one-on-one counselling sessions, to peer guided outreach platforms and self-help guides, no matter is too big or small to reach out.

There is no shame in talking to someone. **SOMETIMES, ONE CONVERSATION CAN MAKE ALL THE DIFFERENCE.**

For Immediate Assistance:
1-833-778-2627
uacanada.ca/wellness



It's ok,
to not be
OK.





TELUS HEALTH

This program provides immediate assistance for **ANY WORK, HEALTH OR LIFE MATTER.**

Upon calling, web or chat, you will be directly connected with a **LICENSED PROFESSIONAL** to help assist with any concern you may have, at no additional cost for covered services. Seek help for anxiety and depression, to legal services, nutrition, crisis services and so much more.

THERE IS HELP AVAILABLE.

Immediate Assistance:

1-833-778-2627

Online Access:

uacanada.ca/wellness

TOGETHERALL

We all go through tough times, and it can be freeing to know others have been there before. You now have access to even more mental health support services, like Togetherall.

Togetherall is a **FREE AND ANONYMOUS ONLINE COMMUNITY AVAILABLE 24/7** to all looking for mental health support and a sense of connection.

Connect with others over your big and small experiences and learn more about how to adjust to life's challenges.

Moderated by professionals to keep you safe, Togetherall is here for you.

