



# Together, We Thrive



It takes a village to help one another grow, thrive and succeed. When families, friends and communities come together, we create connections that foster support, belonging and strength for everyone.

To learn more about your benefits call your TELUS Health care coordinator or visit our MemberAccess portal at [memberaccess.behavioralhealthsystems.com](https://memberaccess.behavioralhealthsystems.com).



## Telehealth

Available via phone  
or web-based



## In-person

With a counselor  
or advisor



## Digital

Access to virtual  
solutions



800-245-1150

[www.telushealth.com/en-us](https://www.telushealth.com/en-us)

Benefits may vary. Call TELUS Health.





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Families are not meant to navigate life's challenges and successes alone. From the moment we are born, our relationships help shape who we are, how we connect with others and how we care for ourselves and those around us. Parents, caregivers, children and loved ones all benefit from having a strong network of support. Whether that support comes from family members, friends, neighbors, schools, faith communities or local organizations, these connections help create a foundation of strength, resilience and belonging. The saying "it takes a village" reminds us that raising healthy, thriving families is a shared effort.

### The Power of Connection

Social connections play an important role in overall wellbeing. Supportive relationships can help reduce feelings of stress and isolation while providing encouragement during difficult times. For parents and caregivers, having trusted people to lean on can make the demands of daily life feel more manageable. These connections also benefit children by introducing them to positive role models, strengthening their sense of community and helping them develop important social and emotional skills. Strong relationships within and outside the home create opportunities for families to learn, grow and support one another.

### Building Our Village

Family members, friends, neighbors, coworkers, schools and community groups can all play a role in supporting family wellbeing. Building a village begins with recognizing and strengthening the connections that already exist in our lives. Taking time to identify your circle of support can help you better understand where encouragement and assistance are available and where additional connections may be helpful. While building new relationships can sometimes feel challenging, small steps such as joining community activities, volunteering, attending family events or reaching out to others can help expand your support network. Every connection matters and together those connections create the village that helps families thrive.

TELUS Health provides referrals to qualified mental health professionals that can help. Call TELUS Health at **800-245-1150** to speak to your designated Care Coordinator about your benefits and options for support.