

Feel supported and connected with a confidential **Employee & Family Assistance Program**, an innovative wellbeing resource

Log in with TELUS Health today

Go to <https://one.telushealth.com> or download the free mobile app on Android or iOS by simply searching for “TELUS Health One previously Lifeworks” on the App Store or Google Play.



Then log in with the shared log-in credentials:

Username: shnwellness

For any questions or issues with our EFAP provider, please contact:

Philippa Dawood, Wellness Specialist

Email: pdawood@SHN.ca

Cell: 647-262-3164

(May 22, 2024)



Employee and Family Assistance Program (EFAP)

Phone: 1.844.880.9142

TTY: 1.877.338.0275

**Confidential Support Available
24 hours / 7 days a week**



Birchmount hospital

3030 Birchmount Road
Scarborough, ON M1W 3W3
416-495-2400

Centenary hospital

2867 Ellesmere Road
Scarborough, ON M1E 4B9
416-284-8131

General hospital

3050 Lawrence Avenue East
Scarborough, ON M1P 2V5
416-438-2911



@SHNcares

SHN.ca



Life can be complicated. Get help with all of life's questions, issues, and concerns with **TELUS Health**.

Any time, 24/7, 365 days a year.

TELUS Health offers support with mental, financial, physical, and emotional wellbeing. Whether you have questions about handling stress at work and home, parenting and childcare, managing money, or health issues, you can turn to **TELUS Health** for a confidential service.

1-844-880-9142

TELUS Health will help support you, the whole person with:

Personal Life

- Retirement
- Midlife
- Student life
- Legal
- Relationships
- Disabilities
- Crisis
- Personal issues

Family Life

- Parenting
- Couples
- Separation/divorce
- Older relatives
- Adoption
- Grief from loss
- Childcare
- Education

Personal Health

- Mental health
- Addictions
- Fitness
- Managing stress
- Nutrition
- Sleep
- Smoking cessation
- Alternative health

Work Life

- Time management
- Career development
- Work relationships
- Work stress
- Managing people
- Shift work
- Coping with change
- Communication

Financial Health

- Saving
- Investing
- Budgeting
- Managing debt
- Home buying
- Renting
- Estate planning
- Bankruptcy

Resources include: podcasts, videos, articles

The TELUS Health One Platform includes:

1. **Support 24/7, 365 days a year** with a confidential employee and family assistance program (EFAP) whether you're expecting a baby, going through a divorce, or feeling overwhelmed at work.
2. When the world around you gets stressful, TELUS Health can help you manage your reactions with **wellbeing articles, podcasts, and CareNow self-directed coaching (use SHN email to register to access).**
3. **Save money with employee perks.**

SHN

TAKING CARE OF YOU

Message from the Wellness Team