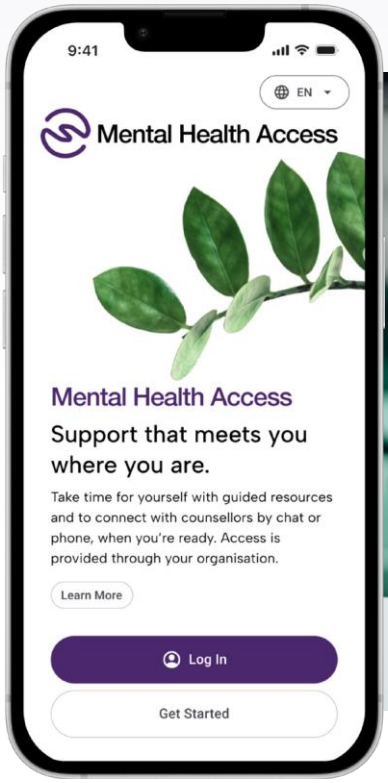
TELUS Health

ASPE Compass

Participants have access to confidential mental health support through TELUS Health

ASPE Compass has partnered with TELUS Health to make confidential mental health support available to all participants. There is no cost to participants, and our service connects you with trained clinicians who understand the unique pressures and challenges individuals face.





With this mental health program, you can:

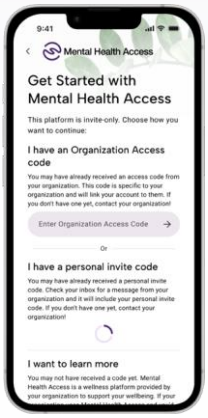
- Connect with a counselor 24/7 by phone or live chat
- Book video, telephone or in-person counseling appointments
- Access support in more than 150 languages
- Explore self-guided wellbeing resources
- Join a global peer support community

Let's get you started



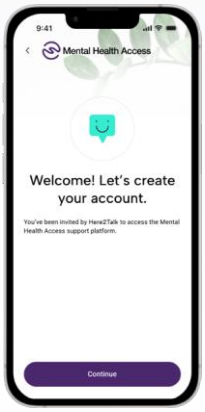
1

Visit
mentalhealthaccess.telushealth.com



2

Enter the access code: 81406742



3

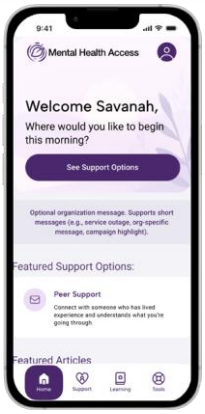
Enter your details and create an account



4

Use biometrics for easy sign-in

**optional*



4

Chat with a counselor, book an appointment, or explore helpful resources

Support is just a click away.
Visit **Mental Health Access** for help, anytime and anywhere.

TELUS Health