

There is no cost to use your EAP. This program is provided to you by your employer, and can include a series of sessions with a professional. If you need more specialised or longer-term support, our team of experts can suggest an appropriate specialist or service that is best suited to your needs.



Confidentiality

TELUS Health EAP is completely confidential within the limits of the law. No one, including your employer, will ever know that you have used the Program unless you choose to tell them.

Understanding your

Employee Assistance Program (EAP).

TELUS Health EAP provides you and your family with immediate and confidential help for work, health or life concerns. We're available anytime and anywhere. Let us help.

The Program is a confidential and voluntary support service that can help you take the first step toward change. Let us help you find solutions to the challenges you face at any age and stage of life.

You and your immediate family members can access immediate and confidential support in a way that is most suited to your preferences, comfort level and lifestyle.





Let us help.

Access your Employee Assistance Program (EAP) 24/7 by phone, web or mobile app.



Download the TELUS Health One app now.







Call us Support is always available.





your concerns with a professional advisor for expert advice, strategies and next steps.



Provide your name and employer's name to an advisor. Your information will be kept confidential.



Work with your clinician to address your concerns.



Convenient access to online resources.

USERNAME: HRV PASSWORD: Wellbeing







Solutions for your work, health and life.



Support wellbeing

Stress, mental health concerns, grief and loss, crisis situations.



Manage relationships and family

Communication, separation/ divorce, parenting.



Deal with workplace challenges

Stress, performance, work-life balance.



Tackle addictions

Alcohol, drugs, smoking cessation, gambling.



Nutrition wellbeing

Food intolerance and conditions, family nutrition, sustainable weight management.



Get legal advice

Family law, separation/divorce, custody.



Financial helpline support

Financial stressors, creating a money plan.