



Employee Assistance Program (EAP).

Discover how counselling can help you.

Your EAP is a confidential support service offered by TELUS Health (formerly Lifeworks) that helps you find solutions to the challenges faced at any age and stage of life.



Your EAP is a confidential and voluntary support service that can help you take the first step toward change.



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

Call us for 24/7 EAP support:

 TELUS[®] Health

