



Need someone to talk to?

Did you know that UA Canada offers our members and their families free, confidential support to help with work, health and life challenges? To access all the programs available to you, visit uacanada.ca/wellness.

As a UA Member, you and your family have access to Telus Health One, a program that helps with any work, health or life matter. This includes one on one counselling sessions, online self-help programs, and a multitude of other resources like legal consultations, health and weight management, addictions, anxiety, depression and crisis intervention – at no additional cost.

Telus Health One is available by Mobile App, Phone or Web.

[24/7 at 1-833-778-2627](tel:1-833-778-2627)

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[Telus Health One Website](https://uacanada.ca/wellness)

[Download on iOS](https://apps.apple.com/ca/app/uacanada-wellness/id1444444444)

[Download on Google Play](https://play.google.com/store/apps/details?id=com.uacanada.wellness)

Username: **uamap**

Password: **wellness**

This program is completely confidential, and no one will know you have used it unless you choose to tell them. **Share this info with your family, because sometimes just one conversation can make all the difference.**

You are also provided access to Togetherall, which is a forum-style, completely anonymous online community that is available 24/7 where you can connect with others over your big or small experiences. This program is monitored by mental health care professionals to keep you safe. Reach out for peer support in a way you feel comfortable. We all go through tough times, and it's freeing to know others have been there before.

[Access Togetherall](#)

It's OK to not be OK.

There is no shame in reaching out.

If you ever run into issues accessing these program – be sure to use the help and tech support through Telus Health or Togetherall. If that does not work, and you're unable to receive the help you need, please reach out to the UA Canada National Wellness line at 1.866.238.3013 for assistance.

