



wellbeing resources 0724

TELUS Health

[Here's the intranet page with information about what TELUS Health offer, and their discounted rates for local offices.](#)

Togetherall

These resources will help you to tell your staff and volunteers about what's available from Togetherall to support their mental health and wellbeing - that includes support forums and groups, journaling tools, self-assessments, information and resources and self-help courses:

- [Find out more about Togetherall and how to register on the intranet](#)
- Email our account manager Emily (emily.bromiley@togetherall.com) to arrange a free, half-hour walk-through of the service for your team at an upcoming team meeting
- [Use this poster to promote the service in your office](#)
- [Share this short promo video to let your staff and volunteers know about what Togetherall is and how it works](#)
- [Use this email template to send your staff and volunteers an email letting them know about what Togetherall is and how it can help support them](#)
- [Let your staff and volunteers know about the courses and resources they can access by sharing this document with them](#)
- [Togetherall's new promotional portal gives you all the resources you need to spread the word about the service in your workplace, and to run campaigns for mental health awareness days, like Mental Health Awareness Week \(13-19 May\). It's all ready to go, so take a look, and bookmark it for the future!](#)