



October 10th is World Mental Health Day.

Visit our new [microsite](#) to learn about nurturing mental wellness and cultivating compassion in the workplace.

Beyond sadness

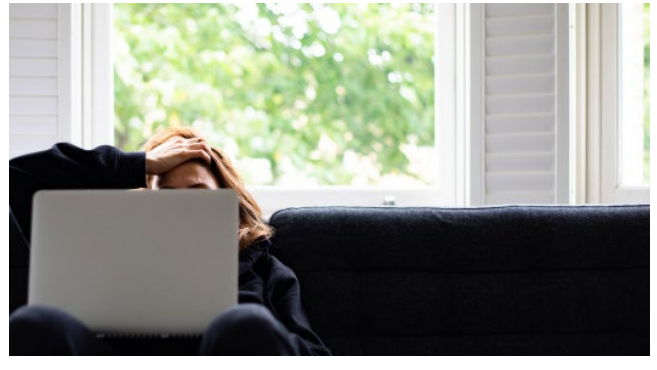
In this month's newsletter, we are highlighting depression — one of the most common mental health concerns. Sadness is a natural human emotion brought on by life's challenges or sorrowful events. But when the feelings persist, you may be experiencing depression. If it's constant or overwhelming, it may be time to ask for help.



Are you struggling with depression?

Everyone occasionally feels sad or blue, but these feelings usually pass. However, when a person is experiencing depression, the condition interferes with daily life.

[Read more](#)

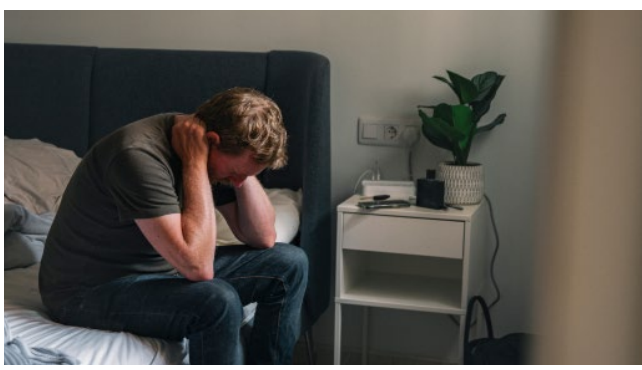


Assessing if you are depressed.

Recognizing when the line has been crossed to depression is a good first step; the next step is finding a solution.

[Read more](#)

Exclusive for registered users.



Do you have symptoms of depression?

[Log in to access](#)

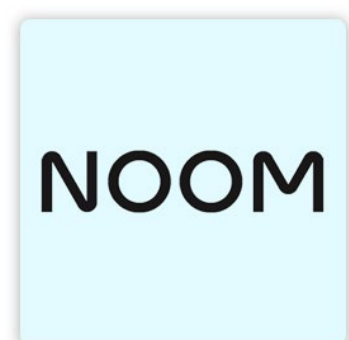
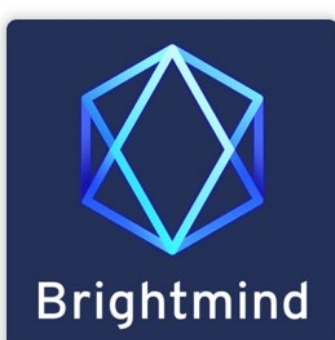


Making a referral to the assistance program

[Log in to access](#)

Big brands, huge savings with Perks.

Enjoy exclusive offers on brands that support your mental wellbeing, like Brightmind, FocusCalm, Noom and many more.



[Access offers](#)

Your organization's program may not include Perks. If unable to access, review your workplace benefits or speak to your Human Resources contact.



More to explore this month.

- TELUS Health Learning presents **Mental health: The new workplace pandemic** on October 10th at 1 pm ET. With 20 years of experience in workplace mental health, our distinguished speaker Stéphane Grenier shares his experiences on preserving mental health in a remote work environment, being intentional about resilience and how to support others. [Register now.](#)
- Discover the **Depression** section of our **CareNow Programs**, a collection of comprehensive iCBT-based, virtual self-paced programs designed to support people experiencing low mood. Gain more control over the way you feel and develop positive coping skills.

We support your total wellbeing. We're here 24/7 for confidential advice and support by app, web, and phone.

Your organization's program may not include all services and features. To learn more, please log in with your account and review your workplace benefits. Or speak to your Human Resources contact.