



TELUS Health SMS Counselling

Access free, confidential and proactive support
'in the moment' with TELUS Health's support via text message.



Benefits of accessing support through SMS:

- Immediate support.
- Safe space.
- Completely anonymous.
- Speak to a counsellor from any location 7:30 am - 7:30 pm AET.
- Free, confidential & proactive support "in the moment".



Improving your relationship



Creating a better work-life balance



Receiving mental health support



Getting the most out of your sleep



Formulating strategies to manage stress



Manage the challenges of being a parent or a carer



Strategies to manage isolation and loneliness

Start a conversation with a clinician.

Message 0480 032 310

TELUS Health digital clinical support is currently available to Australian customers only.
Monday to Friday between 07:30 am - 07:30 pm (AET)

 TELUS[®] Health