Wellbeing Champion Newsletter

May 2024



Mental Health Awareness

Each year during the first week of May, we observe Mental Health Week along with Safety and Health Week. At Purolator, we believe that psychological health and safety is a key factor in contributing to your overall total safety and health. Learn about the many resources available to you and your family by visiting www.PurolatorHealth.com.

Wellness Calendar of Events

Add to your calendar by visiting purolatorhealth.com. Drop in virtually or watch the recording later.



May 6, 12-1pm ET Ask Your CMD: Mental Health & Allvship

May 8 & 10 | 12 & 1:00 pm ET Telus Helath MHAW Webinar: Awareness | Mindfulness



May 14 2-2:20 pm ET Take A Break Tuesday: A Self-Care Series



May 15, 12--1:00 pm ET Wellness Wednesday: Stress Reduction Tool Kit 2.0



May 22, 12-1:00 pm ET Wellness Wednesday: The Truth About Credit part 2



May 28, 2-2:20 pm ET Bet You Didn't Know: All About Your E.F.A.P

Wellness Moment

Checking-in on how we are feeling is a great way to take care of our mental health. Also, making efforts to ask someone 'How are you?' can remind them you care. Take care of yourself and show others you care about them.



Visit www.PurolatorHealth.com for more information and resources

Employee and Family Assistance Program (EFAP)

EFAP provides free, confidential support 24/7 including virtual or telephone conversations with a **counsellor**. Employees and family members can review available counsellor's profiles to choose someone they are comfortable to speak to.

Visit one.telushealth.com or call 24/7 at 1-844-880-9137 or scan the OR code.



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How are you?

Asking someone these 3 words can remind them you care.

Connect with a family member, friend or colleague today and ask them how they



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