

Services Overview

Personalized care.
Premium service.



Who we are

We're a national network of highly skilled medical professionals dedicated to improving patient outcomes and helping Canadians lead happier, healthier lives.

From preventive health to primary care, mental health, occupational health and beyond, our over 800-member team has the medical expertise, experience and know-how to provide you with the care you need, all along your wellness journey.

What we offer

We treat mental health with the same importance as physical health. We offer an integrated, holistic approach to mental health, bringing best-in-class services together under one roof. Here are just some of the ways we've reinvented the patient journey for the better.



A dedicated team

When you join a program, you don't just get one doctor – you get access to a team of psychologists, counsellors, social workers, kinesiologists, dietitians and other healthcare professionals without having to leave the care centre.



Personalized peace of mind

Our experienced multidisciplinary team will help you find the right service, the right plan and the right specialist to match your needs.



Ground-breaking care

Our healthcare professionals actively leverage the latest research to continually upgrade our offering. With advanced facilities and new evidence-based treatments, we provide a collaborative, team approach to address mental health concerns.



On time and unhurried

All our appointments run on time, so you can get the dedicated, unhurried care you deserve.



Our services

Whether you're looking for a custom recovery program or you just want one session, we offer all the care you need in one place.

Programs for mild to moderate stress

Our holistic, interdisciplinary programs are designed to help you build resilience, manage life stressors and challenges, and achieve better overall mental health.

Programs for moderate to severe stress

If you're struggling with moderate or extreme stress, our team can offer specialized care or guide you through any intensive treatment you may need.

Mini wellness check-up

Not sure what program you need? The mini wellness check-up provides you with a brief assessment of your overall mental health. It's a great way to meet our team and experience the level of service we offer.

Managing depression

We understand depression and offer pioneering treatments, including SPRAVATO® (esketamine), a nasal spray used to treat adults with major depressive disorder.

Living with anxiety

This program combines psychopharmacological care, mindfulness, cognitive behavioural therapy, and other interdisciplinary approaches to help ease your anxiety.

Meditation and mindfulness

Our mindfulness programs use principles from Buddhism to change your relationship with stress, emotions and pain, helping you to be fully in the present moment.

Children and youth

Have an anxious teen or a child who's being bullied? From resilience building to self-care, we offer a range of services to assist families coping with stress.

Life and relationships

Whether you're looking for personal, relationship or family therapy, we can help guide you through every stage of life, including health changes, separation and other life stressors.

Services for the elderly

If you or a loved one is dealing with aging, grief and loss, pain or health issues, care-planning worries or other life transitions, we're here to help.

One-off sessions with our team

Accessible by anyone at hourly rates or one-time fees, we have a range of services to help you navigate any specific concerns you may have.

- Psychologists
- Social workers
- Case managers
- Registered counsellors
- Psychopharmacological professionals





Our proven 3-step process

Step 1 – Initial assessment

We start with a video chat, phone call or email consultation to get to know you better. Whatever your preference, our approachable team is standing by to help.

Step 2 – Personalized care

We find the right specialist or service and create a custom plan for you. We help you navigate the process and answer any questions you may have.

Step 3 – Timely treatment

Consistent care is key. From regular follow-up appointments to group sessions and drop-in classes, we make sure you have all the tools to stay mentally strong.





The TELUS Health difference

Increased access and continuity of care

Around 1 in 5 Canadians struggle with mental health issues,* and many don't have access to the right treatment. We've designed our services to eliminate long wait lists and barriers, so you can get the personalized support you need in a timely manner.

Full suite of services

Our end-to-end suite of technology-enabled health and wellness solutions connects you with a vast network of healthcare providers and continued reliable service. That means you can feel safe and adequately supported throughout your health and wellness journey.

Profound insights

Our electronic medical systems with numerous data points and deep analytical capabilities help deliver more accurate and timely diagnoses and facilitate collaboration between your different healthcare providers, so they can provide the absolute best care for you and your loved ones.



Take the first step in
your journey towards
better health.

Where to find us:



Contact our team

Toll-free numbers
Business inquiries: 1-800-361-3493
Personal inquiries: 1-888-922-2732
[telushealth.com/carecentres](https://www.telushealth.com/carecentres)

Need urgent or emergency care?

Crisis text line: 45645
Suicide Prevention Lifeline:
1-833-456-4566
Emergencies: 911

