



# Focus on Growing Stronger Together



Prioritize your family's well-being by starting the conversation about mental health and grow stronger together. To learn more about your benefits call your BHS Care Coordinator or visit [www.behavioralhealthsystems.com](http://www.behavioralhealthsystems.com).



## **Virtual Care**

Available via phone  
or web-based



## **In-Person**

With a counselor or  
advisor



## **Digital**

Access to  
virtual solutions



800.245.1150  
[www.behavioralhealthsystems.com](http://www.behavioralhealthsystems.com)  
Benefits may vary. Call BHS.

**BHS** BEHAVIORAL  
HEALTH SYSTEMS  
by  **TELUS** Health