

# 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 our website.



by *TELUS* Health

800.245.1150  
[www.behavioralhealthsystems.com](http://www.behavioralhealthsystems.com)



## Telehealth

Available via phone  
or web-based



## In-Person

With a counselor or  
advisor



## Digital

Access to  
virtual solutions