all 📚	- •	9:16
Profi	Angela Thable, NP	\leftarrow
Profile	Angela Thable, NP Angela Thable, NP has joined	2
	Today at 9:04 AM	
ela.	Good morning, Edward. I'm Ange How are you today?	
Hi Angela		
essed that	I'm not doing very well. I've b stressed out all week. So stre I haven't been sleep	
essed that	stressed out all week. So stre	
essed that bing at all. Deliver	stressed out all week. So stre	•
essed that bing at all. Deliver thing een taking	stressed out all week. So stre I haven't been sleep Thanks for telling me. Has somet	Yes
essed that bing at all. Deliver thing een taking	stressed out all week. So stre I haven't been sleep Thanks for telling me. Has somet in your life recently changed? s, over the last few months I've be	Yes
essed that bing at all. Deliver thing een taking y at work.	stressed out all week. So stre I haven't been sleep Thanks for telling me. Has somet in your life recently changed? s, over the last few months I've be	Yes Yes

Feeling down and not like yourself lately? Don't wait: it's easier than ever to get support.

Use text and video to get the support you need from mental health professionals on Akira by TELUS Health, anytime you need care - 24/7/365.

Activate your account today.

How to activate: Look for the Akira activation email you received titled: 'Welcome to Akira by TELUS Health' to access your unique activation link or send an email to <u>akirahelp@telus.com</u> to request a new link.

