



# 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 [akirahelp@telus.com](mailto:akirahelp@telus.com) to request a new link.

AKIRA by  TELUS<sup>®</sup> Health