

Empower employees to get mental health support when they need it



1 in 5

adults in the United States has a diagnosable mental disorder, and one in 24 adults has a serious mental illness.¹

The state of mental health in the workplace is increasingly acknowledged as a critical factor in employee well-being. And while many companies are taking steps to address mental health concerns, challenges persist, from stigma, to continued high stress levels, to varying accessibility to support.

MetLife recognizes the need for convenient access to mental health resources, which is why we are offering TELUS Health CBT² when employees are enrolled in your MetLife Long Term Disability program.

Delivering guided cognitive behavioral therapy (CBT)



Easy access to personalized therapy via a convenient app or the web, and access to licensed therapists telephonically when they need it – anytime, anywhere.



Continued guidance by a licensed therapist to support employees and promote program completion.



Clinically effective results help drive symptom reduction, leading to increased productivity and employee retention.³

A comprehensive range of mental health care programs

TELUS Health CBT supports the full continuum of mental health and addiction concerns. Programs are continually customized by the therapist according to the patient's needs, including:

- Anxiety
- Depression
- Obsessive-compulsive disorder
- Trauma
- Goal management training™ (GMT)
- Sleep
- Burnout
- Adjustment to change
- Social anxiety
- Substance use
- Grief and loss
- Pain management

A unique and customized approach to mental well-being — easily accessible resources and programming guided by therapists



- ✓ Employee registers with TELUS Health CBT on web
- ✓ Completes a 5-10 minute assessment which immediately generates recommended programs



- ✓ Downloads app or uses web version
- ✓ Schedules intake appointment with therapist



- ✓ Speaks with therapist about recommended treatment course
- ✓ Moves through the program and completes at own pace, typically 8-10 weeks



- ✓ Checks in with therapist as needed, via phone, messaging or video
- ✓ Therapist monitors progress, provides feedback and may make recommended adjustments to the program



- ✓ Upon completion of the program, employees have continual access to the TELUS Health CBT library and can request additional support as needed



Help create a workplace where mental health is prioritized.
Contact your MetLife representative today.

1. American Psychiatric Association, <https://www.psychiatry.org/news-room/reporting-on-mental-health-conditions>, accessed February 23, 2024.
2. Available to all LTD customers, subject to regulatory approval in certain states.
3. The Role of Mental Health on Workplace Productivity: A Critical Review of the Literature - PMC (nih.gov), accessed February 23, 2024.

Like most group disability insurance policies, MetLife's policies contain certain exclusions, waiting periods, reductions, limitations and terms for keeping them in force. Ask your representative about costs and complete details.

TELUS Health CBT services provided through an agreement with TELUS Health (US) Ltd. TELUS Health is not a subsidiary or affiliate of MetLife. Information disclosed directly to TELUS Health is not disclosed to MetLife, and therefore is not subject to MetLife's privacy policy.

