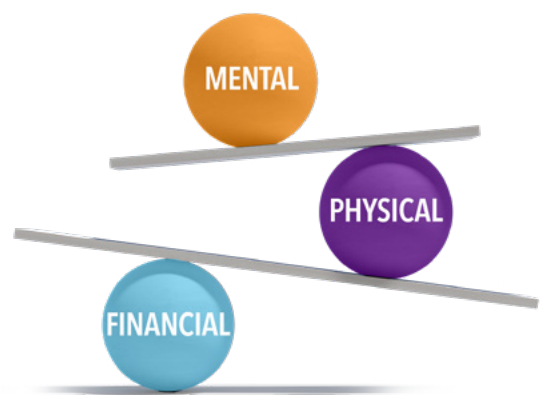


# Members' Assistance Program (MAP)

MAP is a free and confidential support service to help deal with life's challenges – big or small.

**Take advantage of the many ways MAP can assist — at no cost to you:**

- Relationship/family counselling
- Personal and emotional counselling
- Workplace challenges
- Personal health and wellbeing
- Resources for child and elder care
- Financial and legal support



## Access MAP anytime

- 📞 1.844.578.4040
- 🌐 [cdspi.com/MAP](http://cdspi.com/MAP)
- 📱 [one.telushealth.com](http://one.telushealth.com) or the TELUS Health One app
- 👤 Username\*:
- 🔒 Password: CDSPI

\* Enter the acronym of your Provincial or Territorial dental association.

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