COVID-19: MENTAL HEALTH RESOURCES

It is critically important to provide mental health support to all employees, including leaders, during the COVID-19 pandemic. Consider resources such as employee assistance programs, community resources and online tools during the pandemic response and recovery periods.

The following information can help you address some key concerns:

1. Ensuring employees are aware of ways to decrease mental distress and where to seek care
   - Choosing Sources of Information Carefully
   - Take Care of Yourself and Each Other

2. Supporting employees while working from home
   - Work/Life Balance
   - Sleep Hygiene: 10 Effective Tips for Getting a Good Night’s Sleep (video)
   - Work From Home Playbook
   - Mental Health and COVID-19 (video series)

3. Supporting employees to manage their mental health (e.g. stress, anxiety, loneliness)
   - Resources for Ontarians Experiencing Mental Health and Addictions Issues During the Pandemic
   - Find Mental Health and Addiction Services in Your Community
   - Suicide Prevention and Support
   - Big White Wall
   - Mental Health and the COVID-19 Pandemic
   - haveTHATtalk on Building Resilience (video)
   - Mental Health First Aid COVID-19 Self-Care & Resilience Guide
   - Addiction, Mental Health and Problem Gambling Treatment Services
   - 211 Ontario Find Programs and Services in Your Community
COVID-19: MENTAL HEALTH RESOURCES

– Digital Cognitive Behavioral Therapy (CBT) During the COVID-19 Crisis
– BounceBack
– Mental Health Apps
– Hope for Wellness Help Line (Indigenous peoples)
– 8 Domains of Well-Being (agricultural sector)

4. Supporting families with young people
– Kids Help Phone (ages 5-20)
– Good2Talk (ages 17-25)

5. Supporting sick employees or caregivers
– Caregiving in the Era of COVID-19: What To Expect and How To Cope
– A Guide to Balancing Work and Caregiving Obligations

6. Supporting employees who have been laid off or terminated
– Mental Health and COVID-19: Job Loss (video March 25, 2020)
– Psychologically Safer Terminations
– BounceBack

7. Supporting employees who have lost family members, friends and colleagues
– Grief Response
– Suicide Prevention Toolkits

8. Developing strategies to bring employees back to work
– Employees Who Are Caregivers
– FAQs: COVID-19 and the Workplace
– A Guide to Balancing Work and Caregiving Obligations

9. Preparing for employee resistance to coming back to work
– Canadians Want Significant Progress in COVID-19 Fight Before Returning to Work
COVID-19: MENTAL HEALTH RESOURCES

10. Supporting returning employees who are psychologically exhausted
   – Burnout Response

11. Re-establishing work relationships, sense of belonging and social connections
   – haveTHATtalk on Social Connections (video)
   – Leadership Behaviours to Support Mental Health

12. Anticipating changes to daily practices and daily business
   – Helping Employees Manage Change

13. Developing a communication strategy
   – Effective Leadership Communication Priorities During COVID-19
   – Managing the Coronavirus (COVID-19) for Employers

Questions?
If you have any questions about these resources or need additional support, please contact one of the Workplace Mental Health Consultants at WSPS.