
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](#)

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- [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](#)

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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.

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