
COVID-19: MENTAL HEALTH RESOURCES

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](#)
 - [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)

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5. Supporting sick employees or caregivers

- [Caring 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

- [Coping with Job Loss](#) (video)
- [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](#)

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





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- [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.

For more information contact Workplace Safety & Prevention Services

wsp.ca 1 877 494 WSPS (9777) CONNECT WITH US:    

NOTE: This document is intended for informational purposes only to provide an overview of the potential hazards posed in the workplace due to COVID-19. Content is current as of the publication date. It is not intended as scientific or medical advice, to provide a comprehensive risk assessment for all workplaces, or to replace any legislated workplace safety obligations. WSPS has not endorsed and does not endorse any particular product or company as a solution to the risk presented by COVID-19. Due to the ongoing evolution of the situation in Ontario and around the world, this document may be used as a guide for Employers in addition to guidance delivered by public health authorities such as the World Health Organization (WHO), Ontario Ministry of Health, Public Health Ontario and the Centers for Disease Control and Prevention (CDC). Any use which is made of this document by any Employer or individual, or any reliance on or decisions to be made based on it, are the responsibility of the Employer or individual. WSPS and its partners, officers, directors, employees, agents, Representatives, suppliers and service providers accept no responsibility for any errors or omissions in content or for damages of any kind or nature suffered by any Employer or any third party as a result of use of or reliance on this communication. May 14, 2021