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## 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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