

Released May 8<sup>th</sup>, 2020

## Employee Mental Health & Wellness During COVID-19 the Pandemic

As the World Health Organization (WHO) and governments globally work to manage the ongoing pandemic and its impact, it is normal for us in this time of uncertainty to experience a mix of emotions including anxiety and depression. That is why it is critical that employees know that their employers are here to support them and that we will all get through these uncertain times together.

Recently, the Federal Government announced up to \$12 million in emergency funding to immediately expand online and virtual mental health supports. This brings additional access to care for people across the province and specific services to our frontline heroes. If you have an employee who requires mental health assistance, the following programs may offer them the support they need.

### BounceBack

The Ontario government has announced an expansion of online and virtual mental health supports, including BounceBack, to help Ontarians navigating the difficult realities in the wake of COVID-19.

- BounceBack is a free, guided self-help program that's effective in helping people aged 15 and up who are experiencing mild-to-moderate anxiety or depression, or may be feeling low, stressed, worried, irritable or angry.
- Participants receive telephone coaching, skill-building workbooks and online videos to help them overcome these symptoms and gain new skills to regain positive mental health.
- BounceBack is **not a crisis service, psychotherapy or counselling**, but a life-skills program that participants work with to develop coping techniques so they can overcome challenges now or in the future.

<https://bouncebackontario.ca/>

### ConnexOntario

ConnexOntario (1-866-531-2600), Ontario's mental health, addictions and problem gambling help line, can provide contact information for local mental health and addictions services and supports, including crisis lines.

### Big White Wall

Big White Wall is a 24/7 anonymous online education and discussion platform for mental health support. [www.bigwhitewall.com](http://www.bigwhitewall.com)

### Mental Health and Addictions

Ontario also launched a [Roadmap to Wellness: A Plan to Build Ontario's Mental Health and Addictions System](#), which provides a clear path forward toward offering Ontarians easier access to standardized, high-quality care and supports in communities across the province.

### HRPAR Presents:

## COVID-19: Understanding the H&S Guidelines Live On-Line Zoom Training

It is critically important for all businesses to implement Health & Safety practices within their workplaces to mitigate any risks as it relates to COVID-19. It can be very overwhelming for businesses preparing to re-open and/or bring back laid off employees, to make decisions on what H&S practices they need to implement. Being informed on what you need to do right now is absolutely critical so please join us for the following live Zoom training session. This training session is also intended for businesses that have continued to operate throughout the crisis.

The following is the Zoom training schedule:

- Friday May 15<sup>th</sup> -9:00 to 12:00 p.m.
- Thursday May 21<sup>st</sup> -9:00 to 12:00 p.m.
- Monday May 25<sup>th</sup> -1:00 to 4:00 p.m.

**Fee:** \$75 (+HST) per participant-\$20 will go to two local non-profits

**Please see the attached registration form or call our office for more details.**

**SIGN UP NOW!**

## Understanding the ESA

### Online Workshop

Navigating government websites to find the information that you are looking for can sometimes be very challenging! This workshop will help provide you with a better understanding of the Ontario Employment Standards Act (ESA) and recent changes and how to incorporate the minimum requirements into your human resources policies. We will also discuss the [new COVID-19 related job protected leave and implications of this leave](#).

**Date:** Thursday, June 4<sup>th</sup>, 2020

**Time:** 8:00 a.m. – 12:30 p.m.

**Location:** Zoom!

**Cost:** \$250.00 (+HST) – includes full participant manual & a post-workshop 1:1 Q&A call

**Please see the attached registration form or call our office for more details.**

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