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Fast Facts



Raising Awareness

BULLETIN 74 | TUESDAY, JANUARY 23, 2024

Seasonal Depression: Symptoms and Support

As we approach [Bell Let's Talk Day](#) on January 24, 2024, it's important to take the opportunity to reflect on mental health and well-being and its continued impact on society. The Bell Let's Talk Day provides a platform that encourages us to talk openly about mental health with the goal of breaking the stigma that still exists around the topic. With this said, and given that we are entering into peak winter season in Canada, let's focus particularly on one of the most common mental illnesses in Canada - Depression.

With decreased sunlight in the winter months, we are at an increased risk of developing Seasonal Affective Disorder (SAD), commonly known as Seasonal depression. Symptoms of SAD are similar to depression, including irritability and unusually low levels of energy. Please [click here](#) to learn more about SAD.

Engaging in open communication about mental health is essential as it reduces the feelings of isolation and fear that an individual may be experiencing. This year, let's make a commitment to educate ourselves and our loved ones about mental health and guide those who may need

it towards mental health resources that can help. The following resources can be very helpful for those who are dealing with mental health challenges and who need support.

- [Suicide Crisis Helpline](#): Call or text 9-8-8
- [Wellness Together Canada](#): For youth, call 1-888-668-6810 or text WELLNESS at 686868
- [Psychology Today](#): Find a therapist near you
- [BounceBack](#): Free program to equip individuals with skills needed to improve their mental health
- Provincial and territorial resources can be found [here](#)

Upcoming Training

Essentials of Supervision

HR Performance & Results is pleased to present the Essentials of Supervision workshop series. This six-week workshop is offered in a hybrid model allowing participants to choose to attend in-person at our office located in Barrie (151 Ferris Lane, L4M 6C1), or virtually via Zoom.

The purpose of our Essentials of Supervision workshop is to assist supervisors in gaining the confidence and knowledge in becoming an effective supervisor and to provide practical tips and strategies for immediate application in their workplaces.

All our workshops are based on adult learning principles: incorporating discussion, individual and group exercises, and lecture style. Each participant will receive a participant manual including tools and resources that can be used as a reference guide when the participant returns to their workplace.

For further information or to register, please contact Nicole Vanderpost, CHRP, at nicole@hrpar.ca.

DATE & TIME:

February 14, 2024 - April 3, 2024
8:30 a.m. - 11:30 a.m.

LOCATION:

HRPAR Office or virtually (Zoom)

PRICE:

\$1,800.00 (+HST)

REGISTER NOW

Blog



JANUARY 23, 2024

EMPLOYEE ISSUES

Seasonal Depression in the Workplace: Symptoms and Support

Do you feel down during the winter months? The days are shorter, the holidays have ended, and the weather can be unpredictable and gloomy. It's relatively common to be affected, but for some, it can be far more debilitating. With the emerging focus and recognition of a global mental

health crisis, it's critical to identify the factors that may be taking a toll on our workplaces...

— [Read More](#)

Visit Our Website >



LOCATION

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OFFICE HOURS

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