

Psychological Health & Safety Supports Resources A – Z

A



Depression & Anxiety: Know the Warning Signs – [Read More](#)



Mindfulness Program for Youth (ages 14-27)

“Less Stress, Greater Resilience – A new way to face unprecedented challenges”
(8-week virtual program) – [Register here](#)

B



When it comes to mental health, now more than ever, every action counts –
Ways you can help - [Read more](#)



Unlock the Real You – an app and program that helps you relax and connect with yourself -
[Read More](#)

The logo for Bridge the gApp, featuring the text "Bridge the gApp" in a sans-serif font. The word "the" is enclosed in a brown circle.

Bridge the gApp – an online resource designed to support mental wellness - [Check it out here](#)

Introduction: Mental Health & Wellness

Mental health is essential to overall health and wellness – [Read More](#)

C



Virtual Care for Mental Health and Substance Use During COVID-19 – [Read More](#)

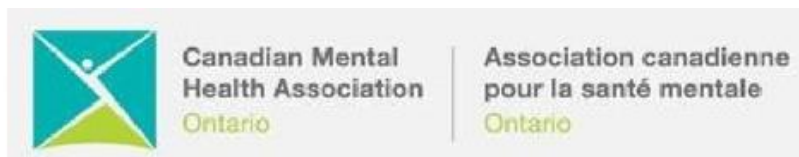


COVID-19 and Mental Health

Resources and suggestions to help support your mental health – [Check it out here](#)

Return to Work: A psychological toolkit for heading back to work - [Read More](#)

Your Social Distancing Survival Guide - [Read More](#)



Living Life to the Full - webinar series discusses mental health impact of COVID-19 – [Check it out here](#)

- Being alone together: The social pandemic of loneliness during COVID-19
- Life, interrupted: Young adult mental health during COVID-19
- Valuing elders: Advocating for older adults' mental and cognitive health during a pandemic
- When a crisis becomes chronic: The mental health tsunami that follows pandemics



Need Support: The Canadian Psychologist Association announces Psychologists donating their time to support frontline service providers [Check it out here](#)

camh

Centre for Addiction and Mental Health
Hope by CAMH - Suicide prevention mobile app – [Read more here](#)



Center for Mindful Self-Compassion

Free, Daily, Life Self-Compassion Medication Sessions – [Sign up here](#)



CHANNAL virtual peer support group through Zoom – Tuesdays and Thursdays, 6-8 pm
For further information email us at virtualgroup@channal.ca

The Conference
Board of Canada



Carrying On: Mental Health Strategies for COVID-19
Podcast: Parenting – [Listen here](#)



Free Webinars

Anxiety – Practical Intervention Strategies – [Check it out here](#)

**Wellness Strategies for the Helping Professional
Resilience During COVID 19 [Watch now](#)**

Audio Exercises for Managing Stress and Anxiety – [Watch Now](#)

**5 Pathways for Healing Compassion Fatigue – [Read More](#)
8 Self-Care Tips for Helpers – [Read More](#)**



CRISIS RESPONSE BY TEXT- For First Responders. Kids Help Phone is available for employees on the frontline of the Coronavirus pandemic.

Text **FRONTLINE** to 741741 to reach a Crisis Responder

D



10-Day Emotional Vulnerability Challenge – [Sign Up Here](#)

E



Need support with your mental health? Looking to support a friend, co-worker or loved one?
Check out [Eastern Health's new Employee Virtual Assistant \(EVA\)](#).
EVA is anonymous, easy to use and available 24/7.



EFAP - a short-term benefit program providing CONFIDENTIAL, professional assessment, referral and follow-up counseling services to assist employees and their family members experiencing personal problems associated with home and work life.

Employee Family Assistance Program Regional Coordinators:
Lori Hewitt (709) 752-8792 and **Tina Simpson** (709) 777-3153



There is a strong association between smoking and poor mental health. Quitting smoking is actually associated with significant decreases in anxiety, mixed anxiety and depression, and stress. It is also associated with a significant improvement in quality of life and positive well-being.

Interested in quitting smoking and learning about Eastern Health's Smoking Cessation Support Program?

Contact your EFAP Coordinator
Lori Hewitt (709) 752-8792 or **Tina Simpson** (709) 777-3153
or visit the [Smokers Helpline](#) - call 1-800-363-5864

Educational Opportunities

Enhancing Psychological Health, Wellness & Resilience in the Era of COVID-19

[Watch recording here](#)

Self-Care During a Pandemic – [pre-recorded session](#)

Parenting during a Pandemic – [pre-recorded session](#)



Evidence Exchange Network is helping to create a more collaborative and evidence-informed mental health, addictions, and substance use system that meets the needs of all. - [Learn more here](#)

Foundations of Mindfulness - Free Course - [Register here](#)

F

G



"Coping with Challenges Using Resilience" - [Webinar Recording](#)

H



The COVID-19 pandemic is a very stressful time for many people. In this article, CAMH speaks to the [emerging link between food and mental health](#).

Attached to this email you will find an incredible resource developed by the Regional Nutritionists of Eastern Health's Health Promotion Division. It provides helpful tips and resources to maximize healthy eating during this very challenging time.



Harvard Business Review

How to Actually Work...When You're Working from Home – [Check out video here](#)

Take Time for Self-Care – [Check out video here](#)

We're All Anxious Right Now: Here's How to Cope – [Check out video here](#)

HelpGuide

Building Better Mental Health – [Read More](#)



Wellness Modules to help maximize good mental health and wellbeing - [Read More](#)

I



Basic Psychosocial Skills – A Guide for COVID-19 responders – [Read more](#)

J

jack.org

How to Look Out for Our Mental Health During COVID-10 – [Read more](#)

K

L



Check out these Eastern Health's online learning courses through [LEARN](#)



Compassion Fatigue: The Cost of Caring - [Register here](#)

What is Compassion Fatigue (CF)?

Why is it important to the health and safety of you and your clients to gain a better understanding of factors that contribute to CF?

This course defines compassion fatigue, identifies its signs and symptoms, and identifies strategies to mitigate CF on both personal and professional levels. (*Course Duration: 30 minutes*)



Conflict Management & Respectful Workplace - [Register here](#)

Having a respectful workplace where conflict is managed effectively is essential to positive mental health. This course will reflect on what respect is and what it means to you, examine your approach to conflict situations, and explain the resources available to you as an employee of Eastern Health in this very important area. *(Course Duration: 90 minutes)*



Managing Stress in the Workplace - [Register here](#)

Stress is a psychological and physiological response to demands placed on us. Individual responses to stress varies because people perceive stress levels differently. This course defines stress, identifies its symptoms, and provides coping strategies for managing it in the workplace. *(Course Duration: 45 minutes)*



Mental Health for Employees - [Register here](#)

The challenges of staying well in your individual and unique work places, while also keeping yourself healthy at work and at home, are challenges everybody experiences. This course reviews concepts of mental health and will provide coping strategies for keeping yourself mentally healthy at work and at home. *(Course Duration: 30 minutes)*



Suicide Prevention - [Register here](#)

Increasing awareness and support surrounding suicide is important to a person's mental well-being. In this course you will learn how to talk about suicide, recognize the signals and risk factors for suicide and become aware of some of the resources and supports that are available. *(Course Duration: 30 minutes)*



Trauma, Post-Traumatic Stress Disorder and the Healthcare Workplace – [Register here](#)

This course will provide you with information on reactions to experiencing trauma within a healthcare setting, with a specific focus on Post-Traumatic Stress Disorder (PTSD). As well as what it is that organizations and individuals can do to be supportive after the occurrence of a traumatic or disturbing event. *(Course Duration: 90 minutes)*

M



Stress, Depression and the holidays: Tips for coping - [Read more here](#)



Mental Health & Addictions

Eastern Health Mental Health & Addictions Program Launches new website

[Check out supports for Health Professionals here](#)



Managing Stress, Anxiety and Substance Use During COVID-19 – [View the Fact Sheet](#)

Resources for Healthcare Sector – [Check it out here](#)

Best Practices for Supporting the Mental Health of Healthcare Workers During Covid-19 –
[Check it out here](#)

Free online crisis training for essentials workers
Caring for yourself, caring for your team, caring for others - [Check it out here](#)



30 Day Mindfulness Challenge -Improve your mental wellness, resilience and performance
[Register here](#)



Celebrating Small Wins

These tips will focus on how these little successes should be a big deal – [Read more](#)



Tips for Your #mentalhealth in the COVID-19 Crisis - [Check it out here](#)



Mood Meter – Take Action to Improve your Mental Wellness! – [Start now!](#)



MyWorkplaceHealth

What is Burnout? Burnout Prevention and Recovery – [Read More](#)

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Your connection to practical information and psychological supports such as Rapid Response, Team Check-In and Psychological First Aid training.
Available 8 am - 10 pm

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Self-Care Tips to be Happy During the Winter - [Read More](#)

P



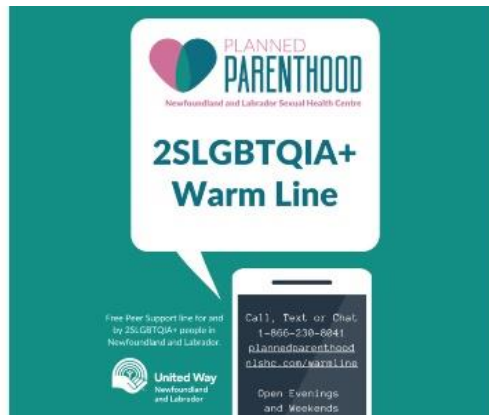
Resources to keep you active and engaged throughout COVID

ParticipACTION App
ParticipACTION Facebook Fit Breaks
Canadian Disability Participation Project
Active Start NL
Active Aging Canada

5 small habits that can make a big difference to your mental health - [Read more](#)



Eastern Health's Peer 2 Peer Program - [Connect with a peer supporter today!](#)



Free Peer Support line for and by 2SLGBTQIA+ people in Newfoundland and Labrador
[Read More](#)



Psychological First Aid

One-hour introduction for staff and managers. **Psychological First Aid** is a supportive response to a fellow human being. Provided as a guide your check-ins and to demonstrate attending to other's well-being.

Request through the Employee and Physician Navigator Line, 752-3663.



THE PSYCHOLOGY
FOUNDATION
OF CANADA

LA FONDATION
DE PSYCHOLOGIE
DU CANADA

COVID-19: Resources to build our children's resilience – [Check it out here](#)

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R



Rapid Response Teams (RRT)

Provides urgent psychological support for staff after a critical event. Psychological First Aid responders provide reflection and room for affected employees to process the event, while also creating awareness of the other services and supports available to them.

To request a Rapid Response, contact the Navigator Line (8 am - 10 pm) at 752-3663.

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Supporting your child's mental health as they return to school during COVID-19
[Read More](#)



7 Steps to Reduce Pandemic Fatigue – [Read More](#)

V

W



**Challenge the way you see mental well-being
through tackling taboos and frank conversation**
[Check it out here](#)

Featuring intimate and soul-lifting interviews and conversations, the WE Well-being podcast series is an open-minded discussion that boosts grit and busts stigma around mental health. Hosted by Madame Sophie Grégoire Trudeau and developed to inspire, educate and engage, it will challenge the way listeners think and talk about mental well-being.



Wellness Together Canada: Mental Health and Substance Use Support - Wellness Together Canada provides free online resources, tools, apps and connections to trained volunteers and qualified mental health professionals when needed. [Check it out here](#)

Improve your mental wellness - Journey Toolkit available - [Read More](#)

Workplace Strategies for Mental Health

Compliments of Canada Life

Healthy Break Activities - [Check it out here](#)

X - Z
