HEALTHY MINDS Balance

What can I do as a manager?

Ensure that employees are taking their breaks and vacation days

Provide resources and supports for employees

Can you provide your employees with flexibility to improve their work-life balance?

Be empathetic - recognize that everyone has a unique set of obligations and responsibilities outside work

For more information, visit: www.uwo.ca/hr/safety/wellness/healthy_minds/index.html

Wellness Resources

1-844-880-9142 https://www.lifeworks.com

Western Rehabilitation Services Support Services Building RM 4159

Crisis Line (Reach Out) Web Chat: http://reachout247.ca (519) 433-2023 or 1-866-933-2023

Canadian Mental Health Association https://www.cmha.ca



