

HEALTHY MINDS

Psychological and Social Support

What can we do?

- o Develop a positive rapport with colleagues by being kind, empathetic, and non-judgmental
- o Be aware of changes in the behaviour of your colleagues being -21.6 (a

Psychological and social support is the level of trust and connections that exist in the workplace.

It's important for employees to have a network of support where they feel safe and trusted.

Kindness costs nothing, but can mean everything.

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What can we do?

- o As an employee, let your supervisor know you are going through a difficult time and looking for support
- o Be aware of the internal and community resources that are available
- o As a manager, provide flexibility when possible; refer employees to EFAP or connect them with Rehabilitation Services

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>