

Sections on our internal website:

Mental Health and Wellbeing at Work

Importance of Taking Breaks - Blog and Articles for Reading

- [Avoid Burnout by Taking Breaks – Intelligent Change](#)

Mental Health and Stress Management Online Tools

[Mind Beacon](#) provides therapy services that take place in your own private account in our secure virtual mental health therapy clinic delivered by licensed professionals.

The therapists have deep expertise in:

- Alcohol / substance use
- Anxiety / worry
- Chronic pain
- Depression
- Eating / body image issues
- Grief
- Health anxiety
- Mood-related concerns
- Obsessive compulsive concerns
- Panic attacks
- Parenting
- Phobias
- Pre / post natal concerns
- Procrastination
- Relationships
- Self esteem
- Sleep problems
- Social anxiety
- Stress
- Trauma

..and more

[Stress Assess](#)

Stress Assess personal edition – online tool or app to use to assess stress level, possible causes of stress and resources on how to deal with stress

Mental Health @ Work Steering Committee

Mental Well-being Resources:

[What is Mental Well-being?](#)

Mental Well-being is not the absence of illness or the lack of challenges or adversity but rather a way of thriving through this adversity with the resilience to respond to life's ups and downs. It is also not static but resilience and mental well-being can change over time as life changes. People can move in or out of mental well-being depending on the tools available and the ability to cope at that particular time to that particular event. [See the following article for a further description of Mental Well-being.](#)

Good mental health includes:

- A sense of purpose
- Strong relationships
- Feeling connected to others
- Having a good sense of self
- Coping with stress
- Enjoying life

This is from CAMH which outlines Mental Health and wellbeing. [See more details here.](#)

Mental Health Commission of Canada's Mental Health Continuum (see attached visual model) presents the static nature of mental well-being in a visual model, with a scale that goes from HEALTHY (green) to ILL (red).



How am I Doing? Working in a health care setting, there is often no time to stop and think about your own mental health. Mental Health and Wellbeing is not a static state it is ever changing depending on a variety of factors and it is good to get in the habit of checking in with ourselves and others to see how we are doing. This tool can help you to realize when you may need to take a moment and take some time to work on your mental health. [See attached tool for signs and symptoms](#) for the different parts of the continuum and actions you can take to move you back to the green zone.

Resources to Help Build Resilience:

- [The Mental Hygiene Challenge](#) - This Challenge is an initiative aimed to challenge people to do one "mental hygiene" activity for 10 minutes every day. Although we did the Challenge in March, you can still access resources here for ongoing support and to do the challenge again on your own. There are a lot of supports and resources available for this from the Royal.
- [Wellness Together Canada: Mental Health and Substance Use Support](#) - provides free online resources, tools, apps and connections to trained volunteers and qualified mental health professionals when needed.

- Togetherall - If you need someone to talk to [Togetherall is a safe, online community where people support each other anonymously to improve mental health and wellbeing.](#)
- Employee and Family Assistance Program (EFAP) - Check if your organization offers this service as part of its' benefits package. It generally offers immediate, confidential help for any concern. Your EFAP is a confidential and voluntary support service that can help you solve all kinds of problems and challenges in your life. You and your immediate family members can receive support over the telephone, in person, online, and through a variety of issue-based health and wellness resources. For each concern you are experiencing, you can receive a series of sessions. You can also take advantage of online tools to help manage personal well-being.
- Use the Stress Assess tool to check in with yourself here and there to see how you are doing and how you compare to others across the Country. [Stress Assess is an online survey tool that provides guidance on where your stress may be coming from and what could be done to reduce it.](#)
- Incorporating *Gratitude* into your day can be very beneficial to our mental well-being. See the attached resource [Self-Gratitude Mantra](#).