

**From:** [Schonewille, Dan](#)  
**To:** [Schonewille, Dan](#)  
**Subject:** Important information for workplaces: Mental health resources and tools  
**Date:** April 6, 2020 12:05:16 PM  
**Attachments:** [self-care-resilience-guide.pdf](#)  
[MH tips working from home.pdf](#)

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Good afternoon workplace leaders,

Businesses and individuals in our community are currently navigating a new and rapidly evolving reality due to the impacts of COVID-19. Many people in our community are experiencing increased anxiety, stress and isolation. Now, more than ever, it is important to ensure you are taking steps to promote and protect your own mental health, as well as the mental health of your workforce. Please see below for some valuable mental health resources and tools.

### **Webinars & Videos:**

- [Free webinars from Morneau Shepell](#)
  - o In response to the COVID-19 pandemic, Morneau Shepell's Workplace Learning Solutions team has developed a number of resources and webinars to help organizations and employees understand and work through challenges
- [Mental Health Works](#)
  - o A FREE webinar series to help employees and employers address the impact these circumstances may have on our work and well-being
- [Conference Board of Canada](#)
  - o Join Dr. Bill Howatt in his video series around Mental Health and COVID-19. He discusses topics related to mental health and how we can cope and refocus during this unprecedented time.

### **Resources and websites**

- Canadian Mental Health Association (CMHA)
  - o [Responding to employee anxiety](#)
  - o [Tips to support mental health during the COVID-19 pandemic](#)
  - o BounceBack program. [Click here](#) to learn more!
- [Tips for stress and coping during COVID-19](#)
- Self-care resilience guide (**attached**)
- For those working **remotely**, [click here](#) to view a great resource, or see the mental health tip sheet for working from home (**attached**)

As always, in terms of local updates regarding COVID-19, I encourage you to visit the Niagara Region Public Health website: <https://www.niagararegion.ca/health/covid-19/default.aspx>. This page is regularly updated with local information on COVID-19, as well as valuable tips and resources. For updates around business closures within Niagara, please refer to provincial and federal sources.

Thank you for everything you do to keep our community and your employees safe. We are all in this together!

Dan

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