Mental Health Task Force

Communities That Care

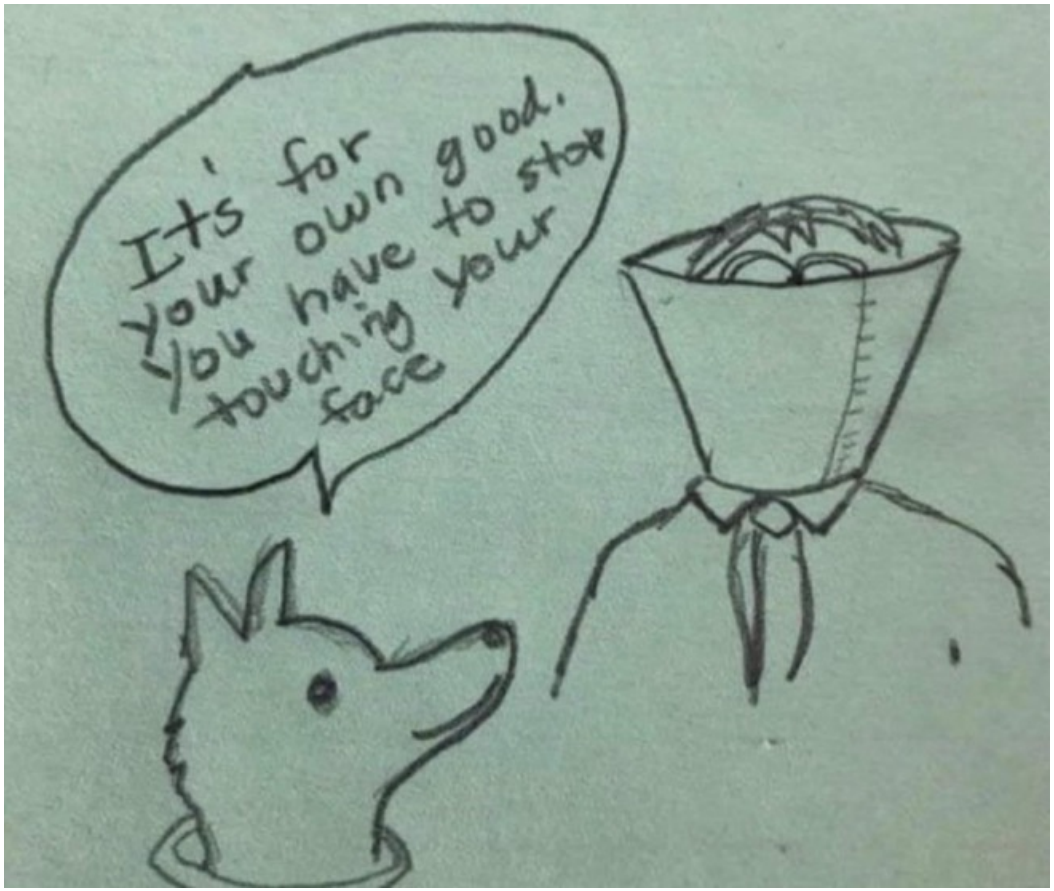
MANAGING MENTAL WELLNESS AND COVID-19

Councillor Tina Neary – Town of PCSP - Mental Health Task Force Chair

Wayne Button – LG Health Chair - Mental Health Task Force Member

Sandy Penney – Regional Director LG Health – Mental Health & Addictions


IT'S MONDAY!
LET'S ROCK AND ROLL!
memegenerator.net


It's for your own good. You have to stop touching your face


WWW.PIPLUM.COM
Garage
Utility
Dining
Hall
Living
Study
TRENDING TRAVEL DESTINATIONS

finding your new normal

SUPPORTING THE EMPLOYEES PRIORITIES



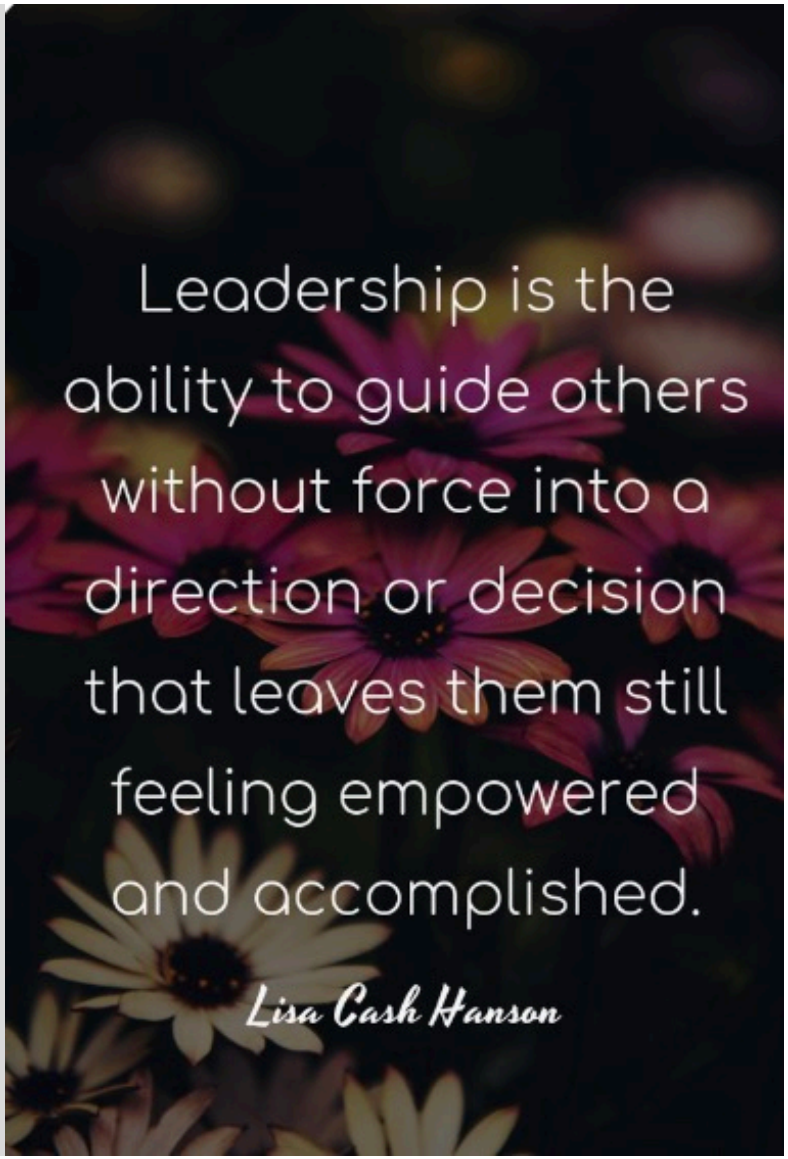
SUPPORTING THE EMPLOYEES RETURN TO WORK



ENCOURAGE DAILY CHECK IN'S AND 'CHIT CHAT'



TAKE AN INDIVIDUALIZED APPROACH



1) ACCEPT THAT SOME ANXIETY AND FEAR IS NORMAL

2) SEEK CREDIBLE INFORMATION AND TRY TO AVOID INFORMATION OVERLOAD



3) MAKE UNPLUGGING A PRIORITY



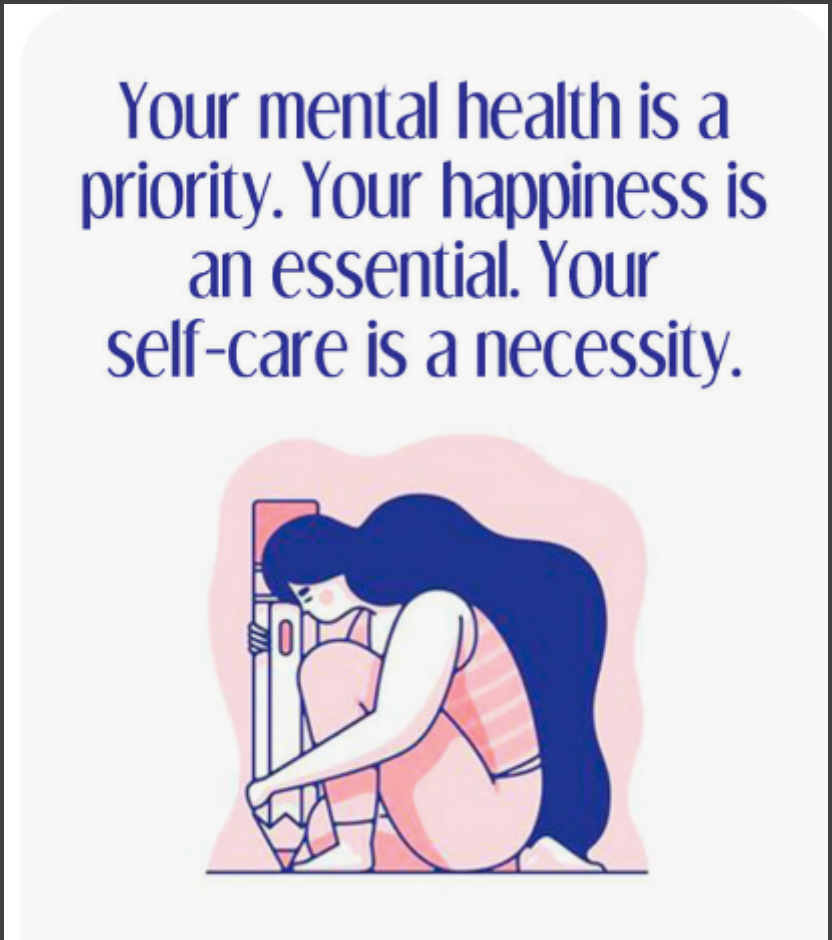
4) SEEK SUPPORT



5) MAINTAIN HEALTHY LIFESTYLE



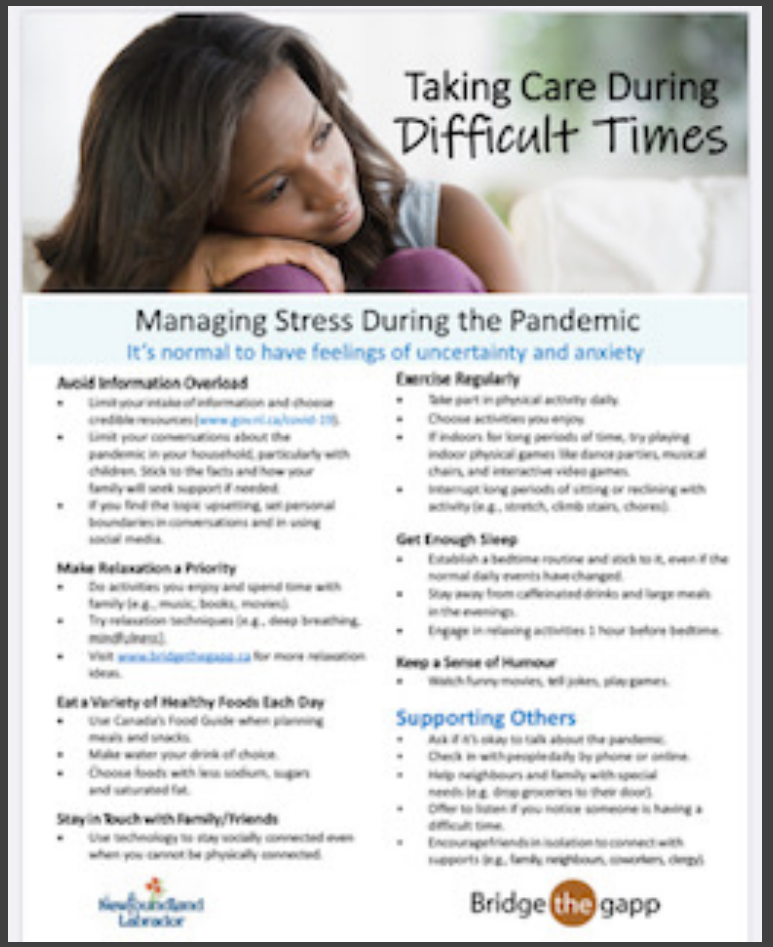
6) SELF CARE, SELF CARE, SELF CARE….



VIDEO

- Wayne Button – LG Health Chair - Mental Health Task Force member
- Sandy Penney – Regional Director LG Health – Mental Health & Addictions

MANAGING STRESS DURING THE PANDEMIC



RESOURCES


Experiencing mental health or substance use issues?
Programs 24/7
Confidential and free
Little to no wait time
Programs designed for you
You are not alone
BreathingRoom™: an online, self-management program to help people, aged 13-24, manage stress, anxiety and depression. No referral needed.
The 30-Day Mindfulness Challenge: an online, 5-10 minute daily challenge to improve mood, performance, and reduce stress.
I CAN (Conquer Anxiety and Nervousness): a phone/online-based coaching program to help people, aged 18-30, overcome anxiety and cope with major life stressors.
Strongest Families: a phone/online-based coaching program for children, youth and their families with behavioural concerns, anxiety issues or bedwetting.
Therapy Assistance Online (TAO): a program, for people aged 16 years and over, that combines education materials with brief counselling by phone, online chat or video conferencing to improve health and wellness. Available in English and French.
These programs are free and confidential.
For more information, visit bridgethegapp.ca
Bridge the gapp



E-SERVICES ONLINE



E-SERVICES ONLINE

Webinars, Online Courses, and Mental Health Training

Canadian Mental Health Association - CMHA	https://cmhanl.ca/what-we-do/upcoming-training-workshops/?mc_cid=614789154e&mc_eid=6ea01e9ee8

References

- https://stewartmckelvey.com/thought-leadership/returning-to-work-covid-19-and-mental-health-considerations/
- https://www.gov.nl.ca/covid-19/individuals-and-households/mental-health-and-wellness/
- https://cmhanl.ca/what-we-do/upcoming-training-workshops/?mc_cid=614789154e&mc_eid=6ea01e9ee8

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