

Mental Wellness Supports for Health Care Workers



Has your mental wellness been impacted due to the pandemic? Working on the frontlines can take a toll. Many are experiencing feelings of stress, grief, or burnout. It is important to recognize the impact of this stress on your well-being.

It's ok to say it – this is really hard. I need help.

Help is available

If you are a health care worker whose mental wellness has been impacted due to COVID-19, you can quickly access support, including:

- Resources you can access on your own to help you manage your mental wellness and maintain your well-being
- Professional peer group supports:
 - ECHO Coping with COVID
 - ECHO Care of the Elderly for LTC: COVID-19
- Confidential support by phone or online, working with a mental health professional you can access by self-referral through:
 - Centre for Addictions and Mental Health
 - Ontario Shores Centre for Mental Health Sciences
 - St. Joseph's Healthcare
 - The Royal Ottawa Mental Health Centre (includes intake and support in French)
 - Waypoint Centre for Mental Health Care

Support is available to anyone who works in a health care setting regardless of role.

Now is the time to take care of yourself.

For fast access to free and confidential support, visit:

ontariohealth.ca/healthcareworkersupport



CQMHA5036



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