**Key Messages – Mental Wellness Supports for Health Care Workers**

**Mental wellness for health care workers**

* Working on the frontlines can take a toll.
* Many health care workers are experiencing feelings of stress, grief, or burnout.
* It’s ok to say – this is really hard. I need help.
* Help is available. Building coping skills and resiliency can help you get and stay healthy.

**Help is available for health care workers**

* If you are a health care worker and you feel like you need support for your mental wellness, help is available. These supports include access to resources you can access on your own and professional peer group supports through [ECHO Coping with COVID](https://camh.echoontario.ca/echo-coping-with-covid/), [ECHO Critical Care Nurse Well Being](https://camh.echoontario.ca/programs-ccnwb/), and [ECHO Ontario Adult Intellectual and Developmental Disabilities](https://camh.echoontario.ca/programs-aidd/)
* You are also able to access confidential support, by phone or online, working with a mental health professional.
* You can self-refer online or by phone to any of the access points:
* [[Centre for Addictions and Mental Health](http://www.camh.ca/covid19hcw)](http://www.camh.ca/covid19hcw)
* [Ontario Shores Centre for Mental Health Services](https://www.ontarioshores.ca/services/health-care-worker-assist)
* [St. Joseph’s Healthcare](https://www.stjoes.ca/hospital-services/mental-health-addiction-services/connect-mental-health-and-addiction-outpatient-programs/mental-health-services-for-hcw)
* [[The Royal Ottawa Mental Health Centre](https://www.theroyal.ca/covid-frontline-wellness)](https://www.theroyal.ca/covid-frontline-wellness) (includes intake and support in French)
* [[Waypoint Centre for Mental Health Care](https://www.waypointcentre.ca/programs_and_services/frontline_wellness_program)](https://www.waypointcentre.ca/programs_and_services/frontline_wellness_program)
	+ After completing the self-referral, you will have a confidential assessment with a clinician. They will work with you to determine your needs and connect you with the right services for you.
	+ Support is available to anyone who works in a health care setting regardless of role.

**Where to get support**

* + Now is the time to take care of yourself.
	+ If you are interested in learning more please visit [ontariohealth.ca/healthcareworkersupport](https://www.ontariohealth.ca/getting-health-care/mental-health-addictions-services)