# Newsletter Content Blocks

Use and adapt the below for content in newsletters, email blasts to patients/ public, or for websites

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| Title Recommendations  **Mental Wellness Supports for Health Care Workers** |
| 100 words or less  Working on the frontlines can take a toll. Many are experiencing feelings of stress, grief, or burnout.  It’s ok to say it – this is really hard.  If you are a health care worker and you feel like you need support for your mental wellness, help is available. There are [resources you can access on your own](https://www.camh.ca/en/health-info/mental-health-and-covid-19/information-for-professionals), peer group support, and  confidential support by phone or online with a mental health professional.  To learn more or access these supports, please visit [ontariohealth.ca/healthcareworkersupport](https://www.ontariohealth.ca/getting-health-care/mental-health-addictions-services). |
| 150 words or less  Working on the frontlines can take a toll. Many are experiencing feelings of stress, grief, or burnout.  It’s ok to say it – this is really hard.  If you are a health care worker and you feel like you need support for your mental wellness, help is available. This includes [resources you can access on your own](https://www.camh.ca/en/health-info/mental-health-and-covid-19/information-for-professionals), peer group support, and confidential support by phone or online with a mental health professional through [Centre for Addictions and Mental Health](http://www.camh.ca/covid19hcw), [[Ontario Shores Centre for Mental Health Sciences](https://www.ontarioshores.ca/services/health-care-worker-assist),](https://www.ontarioshores.ca/finding_help/programs_and_services/adults/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),](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?_ga=2.175651755.865655577.1651153721-19669774.1644579364) (includes intake and support in French), and [Waypoint Centre for Mental Health Care](https://www.waypointcentre.ca/programs_and_services/frontline_wellness_program).  Now is the time to take care of yourself. To learn more or access these supports, please visit [ontariohealth.ca/healthcareworkersupport](https://www.ontariohealth.ca/getting-health-care/mental-health-addictions-services). |
| 200 words or less  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.  If you are a health care worker and you feel like you need support for your mental wellness, you can quickly access supports. This support includes **r**[esources you can access on your own](https://www.camh.ca/en/health-info/mental-health-and-covid-19/information-for-professionals) and through professional peer group supports like [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 get confidential support by phone or online with a mental health professional through the through the [Centre for Addictions and Mental Health](http://www.camh.ca/covid19hcw), [[Ontario Shores Centre for Mental Health Sciences](https://www.ontarioshores.ca/services/health-care-worker-assist),](https://www.ontarioshores.ca/finding_help/programs_and_services/adults/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?_ga=2.175651755.865655577.1651153721-19669774.1644579364) (includes intake and support in French), and [Waypoint Centre for Mental Health Care](https://www.waypointcentre.ca/programs_and_services/frontline_wellness_program).  Now is the time to take care of yourself. To learn more or access these supports, please visit [ontariohealth.ca/healthcareworkersupport](https://www.ontariohealth.ca/getting-health-care/mental-health-addictions-services). |