

Mental Health Resources

As we continue to navigate this challenging time, the topic of mental health has become top of mind. We all manage change in different ways and being in the state of what feels like constant change, many are feeling its effects. To you manage through this time, we have put together some resources that we hope will help you and your families through this transition.

Provincial Resources:

Several provinces have partnered with the Canadian Mental Health Association (CMHA) to deliver a program call **Bounce Back**. This is a free skill-building program designed to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress or worry. Delivered online or over the phone with a coach, you will get access to tools that will support you on your path to mental wellness. You will have access to workbooks, activities, videos, and a trained coach who can provide up to six telephone sessions. To access these provincial sites, please click on the link below. At this time, Alberta is not currently part of a program with CMHA, but employee should be able to utilize either BC or ON's program.

BC – <https://bouncebackbc.ca/> password: bbtodaybc

ON – <https://bouncebackontario.ca/> password: bbtodayon

Other resource which may be of assistance at this time are:

Mental Health Help Line – 1-877-303-2642

Addiction Help Line – 1-866-332-2322

Brochures:

[Anxiety Disorder](#)

[Care for the Caregiver](#)

[Children, Youth and Anxiety](#)

[Coping with Loneliness](#)

[Getting Help](#)

Employee & Family Assistance Program:

Our EFAP provider, on top of the already great resources, has developed a special section on their portal for COVID19 specific resources. There resources focus on physical well-being, self-isolation, financial worry, maintaining your mental well-being, working during the outbreak, job loss as well as grief & loss

They have also designed online Group Counselling to support employees with anxiety that you may be experiencing due to COVID19.

To access these and more resources, please visit <https://www.workhealthlife.com/> and enter Maple Reinders Constructors Ltd when prompted.