

SUPPORTING ORGANIZATIONS DURING RELAUNCH AMID COVID-19



Community
Mental Health
Action Plan

As organizations take steps in resuming operations amid COVID-19, they face a multitude of issues and requirements. National and provincial health and safety guidelines are available to help them take appropriate precautions to ensure the health of their staff and customers/clients.

Organizations can also expect there will be new challenges impacting the health and wellbeing of their workforce, as everyone makes adjustments to the 'new normal'.

Below are a few selected resources, to support leaders, managers and their employees make the transition back to work and maintain their mental well-being.

Government information and guidance during relaunch of organizations

Alberta Biz Connect

The government website contains workplace guidance and support to help businesses and non-profits affected by COVID-19 begin to reopen and resume operations safely.
<https://www.alberta.ca/biz-connect.aspx>

Workplace Guidance for Business Owners from Government of Alberta

This document has been developed to support all business and most sectors in reducing the risk of transmission of COVID-19 among workers, volunteers, and patrons.
<https://www.alberta.ca/assets/documents/covid-19-general-relaunch-guidance.pdf>

Resources to support the mental well-being of leaders, managers and their employee

Healthy Minds at Work (CCOHS)

This website links to resources from various sources, related to managing mental health at work, during the pandemic. It also contains tools to help support mental health efforts in creating a space where workers feel safe, respected, and valued.

<https://www.ccohs.ca/healthyminds/>

My Workplace Health

My Workplace Health has created COVID-19 resources that include a series of videos and blogs offering tips on how to manage during these challenging times. These resources aim to help businesses and individuals.

<http://www.myworkplacehealth.com/covid-19-resources/>

Workplace Strategies for Mental Health

As a small business owner, addressing psychological health and safety or employee mental health concerns may seem time consuming and outside your expertise or role. These resources, videos and guides will help you address issues more effectively.

With the right information, support and education, employees can be healthier and more productive.

<https://www.insightcorporatecare.com/>

Where to Go for Immediate Help 24/7

211 Alberta by phone, text or chat: dial 2-1-1, text INFO to 211, or visit www.ab.211.ca and click "live chat."

Distress Centre Calgary Crisis Line - 403-266.4357 (HELP)

CMHA-ER Distress Line - 780-482-4357 (HELP)

Help for Tough Times - Alberta Health Services Health Link: 811

Mental Health Helpline: 1-877-303-2642

COVID-19 TEXT4HOPE - Alberta Health Services

Addiction Helpline - 1-866-332-2322

Crisis Text Line - Text CONNECT to 741741

Family Violence - Find Supports - 310-1818

Kids Help Phone - 1-800-668-6868 or text CONNECT to 686868

Bullying Help Line - 1-888-456-2323

MyHealth.Alberta.ca: List of Important Numbers

211 Alberta Translation in 170+ languages available by phone

This information is supported by

United Way Alberta Capital Region
Community Mental Health Action Plan
City of Edmonton
City of Calgary
Alberta Health Services
Carya Calgary
Distress Centre Calgary
Imagine Institute for Learning

Visit

www.mentalhealthactionplan.ca

for further information