

Mental Health Services

We are very excited to share this new [video](#) outlining services available to support your mental health and well-being. This video cool resource was made by a team of staff intending to encourage access and comfort in making referrals for support and reaching out for wellness services. A handout that goes with the video and is attached to help with the conversation.

Watch the video when you have time, and remember to carve out space to check in with yourself and what services you might need or want to explore.

Hold "Ctrl" and click on the photo to view.



We are in this together. Please also consider taking a moment to ask a colleague:

How are you right now?
What can I do to help you be your best?

Mental Health Service: Video Contents

1. Introduction to Services & self-assessment
 2. Trauma Incident Support Team (3:33)
 3. COVID Frontline wellness (5:00)
 4. Employee & Family Assistance Program (8:05)
 5. Mindfulness (10:45)
 6. Colleague Support Group (12:04)
 7. Highway to well (12:35)
 8. Going Home Checklist Awareness programming (16:20)
 9. Resource Summary (17:39)
- Total time: 19:55

Wellness is within your control.

Please take a leadership role and bring the wellness program to your area. The wellness team is making resources readily available, and bringing wellness to your team has never been so easy. Please encourage your staff to visit the [Psychological Health and Safety](#) intranet site where they will have access to many resources, including Highway to Well, Wellness at Waypoint & Mindfulness Opportunities designed for anyone to bring to the floor. Staff can also email wellness@waypointcentre.ca to ask questions about using supports and gain the information needed to successfully bring wellness to the team.