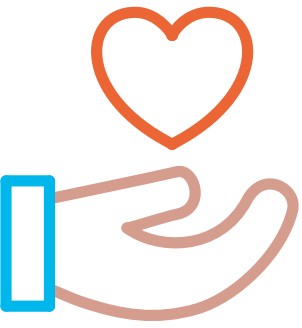


Mental Health and Wellness Connections for Colleagues and Peers



Lots of us are feeling **worried** and **stressed** about the ongoing coronavirus outbreak.

You don't need to be an expert on mental health to be there for colleagues and peers.

Top Five Ways to Support Each Other

1

Check In

You might not be able to meet face-to-face, but picking up the phone, having a video call, starting a group chat or messaging someone on social media lets them know you are there to talk and ready to listen.

2

Listen & Reflect

If someone opens up to you, remember that you don't need to fix things or offer advice. Often just listening, and showing you take them seriously, can help someone to manage.

3

Ask Questions

Asking how people are managing can help someone to open up and explore what they're feeling. Ask again if you're worried they aren't sharing the full picture.

4

Avoid Making Assumptions

Don't try to guess what symptoms a co-worker might have and how these might affect their life or their ability to do their job – many people are able to manage mental illness and perform their role to a high standard.

5

Respect Confidentiality

Remember mental health information is confidential and sensitive. Don't pass on information. A breach of trust could also negatively impact someone's mental health.

If you feel they are experiencing a mental health crisis direct them to the **Provincial Mental Health Crisis** line **1-888-429-8167** or **call 911** if it is an emergency.