

BRANT COMMUNITY HEALTHCARE SYSTEM MENTAL HEALTH RESOURCES FOR STAFF



OUTPATIENT MENTAL HEALTH SERVICES AVAILABLE FOR STAFF

The Outpatient Mental Health Team at the BCHS is now available to assist with staff managing psychological issues that may arise as a result of the COVID-19 pandemic.

Confidential counselling sessions and psychiatric consultations are available by telephone, in person or virtually.

Staff can access these services by completing and sending the referral form directly to the Outpatient Mental Health Team.

The referral form can be found here:

S:\HumanResources\COVID-19

‘FACE COVID’ How to respond effectively to the Corona crisis by Dr Russ Harris, author of The Happiness Trap

‘FACE COVID’ is a set of practical steps for responding effectively to the Corona crisis, using the principles of acceptance and commitment therapy (ACT). Here’s a quick summary of the key steps:

F = Focus on what’s in your control

A = Acknowledge your thoughts & feelings

C = Come back into your body

E = Engage in what you’re doing

C = Committed action

O = Opening up

V = Values

I = Identify resources

D = Disinfect & distance

To explore these steps one by one, please visit:
<https://etmf.org/app/uploads/2020/03/FACE-COVID-How-to-respond-effectively-to-the-Corona-crisis-by-Russ-Harris.pdf>

March 2020

HOMEWOOD HEALTH - EMPLOYEE & FAMILY ASSISTANCE PROGRAMS

Homewood Health is the Canadian leader in mental health and addiction services.

As the EAP provider for the BCHS, they have evolved their pandemic plan to add a special layer of protection against the spread of the virus to continue to allow you and your family members to access EAP counselling services through Homewood.

If you are already seeing a counselor in person or have an upcoming appointment, you will be contacted by the person you were seeing at Homewood Health. They will make the process really clear and simple for you so you understand how you will connect with the counselor for your next session.

If you are feeling stressed or anxious, you can reach out to Homewood Health at 1-800-663-1142, 24/7/365 for assistance in getting the tools, resources and support you may be looking for.

Additionally, resources to support employees will soon be posted on the homeweb.ca site for easy access for all employees and their family members.

Please visit homeweb.ca for many existing self-help resources including the online CBT tool, i-Volve (support for Anxiety and Depression) and e-Courses on topics such as stress, resilience and the importance of self-care to name a few.

If leaders are needing support they may still call the Key Person Advice Line (KPAL) for a consultation with a Clinical Manager. The Key Person Advice Line gives you, the manager, supervisor, owner or union representative the opportunity to contact a Homewood Health senior level clinician for prompt and timely consultation should a situation arise in the workplace that could benefit from professional input.

Questions? More information? For coaching or consultation use our Client Services Centre numbers at 1-800-663-1142.



BEACON: DIGITAL THERAPY THAT WORKS

Are you feeling down? Overwhelmed? Stressed?

If difficult feelings are getting in the way of things that are important to you, you're not alone. BEACON and Green Shield Canada (GSC) can help.

Offered to Green Shield members and their dependents (age 16 and over), BEACON is an effective, easy-to-access way to receive personalized therapy from a mental health professional. It's a fully digital program, so with no face-to-face appointments to schedule and get to, your therapy happens anywhere and anytime that's comfortable for you. Just access BEACON by web or app using your computer or mobile device.

Here's how it works....

The one-time cost includes:

- An in-depth assessment
- A BEACON therapist who will review your assessment results and guide your therapy
- Unlimited messaging with your BEACON therapist for up to 12 weeks
- Access to your online resources for a full-year

To get started.....

- Make sure you have your Green Shield ID card handy
- Visit www.mindbeacon.com/gsc-pmember and click "Start My Assessment"



HAVE YOU TRIED THESE APPS?

Mental health apps have the potential to provide support when you may otherwise not receive the help you need due to barriers to treatment. The following list ranges from those that provide guided meditation to those that use cognitive behavioural therapy to help cope with depression, anxiety and stress:

Mindfulness Coach

Calm

Life Armour

What's Up

Mood Kit

Mind Shift

Happify

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ONLINE MENTAL HEALTH RESOURCES

Mental Health and Psychosocial Considerations During COVID-19 Outbreak

<https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf>

Anxiety is Also Contagious. Here's How to Calm Down

<https://www.mindful.org/covid-anxiety-is-also-contagious-heres-how-to-calm-down-america/>

A mindful approach to helping your team through the current global crisis

<https://www.headspace.com/work/mindful-approach-to-covid-19>

The S.T.O.P. Practice for Stress

<https://www.mindful.org/the-s-t-o-p-practice-for-stress/>

Choosing Sources of Information Carefully is Critical to COVID-19 Mental Well Being

<https://www.mentalhealthcommission.ca/English/news-article/13920/choosing-sources-information-carefully-critical-covid-19-mental-well-being-says>

CAMH - COVID 19 & MENTAL HEALTH

The Centre for Addiction & Mental Health has created a webpage with tips, coping strategies and resources to help manage your mental health during the pandemic.

This includes some helpful FAQ's such as:

- How do I talk to my children about COVID-19 and it's impact?
- How can I support a loved one who is very anxious about the COVID-19 pandemic?
- How do I manage my stress and anxiety?
- I have a friend who can't stop talking about COVID-19 and wants to process worst case scenarios. How do I deal with this?

We encourage you to visit for these resources and coping guides: at:
<http://www.camh.ca/en/health-info/mental-health-and-covid-19>

If you are experiencing a mental health crisis, please contact 911.



Mindset Shift During a Pandemic

I'm stuck at home



I get to be SAFE in my home and spend time with my family

I will get sick



I will self-isolate and wash my hands, this will significantly DECREASE my chances of getting sick

I will run out of items at home during self-isolation



I have prepared for this and I will use my items wisely. I have everything I NEED for now

Everything is shutting down, I'm panicking



The most IMPORTANT places, such as medical centers, pharmacies and grocery stores, remain open

There is too much uncertainty right now



While I can't control the situation around me, I CAN control my actions. Doing breathwork, calling loved ones, getting enough sleep and proper nutrition, prayer, and doing activities I love at home will all help during this time


SumairaZ.com



MAPLE: SKIP THE WAITING ROOM

Green Shield Canada can now help you skip the waiting room thanks to Maple for a small fee. In light of the recommendation to practice social distancing, this may be an option you want to consider to avoid visiting a physician's office in person.

Maple instantly connects you with a Canadian-licensed doctor for medical care from your phone, tablet or computer - 24/7, so you can start feeling better, faster. Many common medical conditions can be treated online, including allergies, asthma, cold and flu, infections, pink eye, sore throat, and many more.

With Maple, the average wait time to speak with a doctor is less than two minutes. You can receive diagnoses, prescriptions, medical notes, and lab requisitions as necessary during your online consultation.

To sign up for discounted pricing and connect with a doctor on Maple, visit:

<https://app.getmaple.ca/register>



HUNDREDS OF MENTAL HEALTH WORKERS OFFER FREE THERAPY TO ONTARIO'S FRONTLINE COVID-19 STAFF

In less than a week, more than 450 licensed psychotherapists, psychologists and social workers in Ontario signed up to provide free telephone therapy sessions to healthcare workers on the frontlines of the COVID-19 pandemic.

The sessions are for any worker providing frontline care related to the COVID-19 outbreak. They're provided by people who are licensed to provide psychotherapy.

Frontline workers can sign up online and are paired up with three mental health workers to choose from. Each provides up to five sessions over the phone — for free. To sign up, please visit:

<https://covid19therapists.com/>

For the entire article, please visit <https://www-cbc-ca.cdn.ampproject.org/c/s/www.cbc.ca/amp/1.5510435>

Source: CBC

