

OHW Newsletters

LifeLines Newsletters

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- [October 2019 - The Invisible Wounds of Mental Health Disorders - English](#) [3]
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Supplements Newsletters

- [Vitality - Understanding Addiction - English](#) [7]
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Links

[1] <https://www.uoguelph.ca/hr/system/files/Lifelines%20-%20November%202019%20-%20Me-Time%20-%20Managing%20Stress%20and%20Work%20life%20Balance%20-%20ENG.pdf>

[2] <https://www.uoguelph.ca/hr/system/files/Lifelines%20-%20November%202019%20-%20Me-Time%20-%20Managing%20Stress%20and%20Work%20Life%20Balance-%20FRE.pdf>

[3] <https://www.uoguelph.ca/hr/system/files/Lifelines%20-%20October%202019%20-%20The%20Invisible%20Wounds%20of%20Mental%20Health%20Disorders%20-%20ENG.pdf>

[4] <https://www.uoguelph.ca/hr/system/files/Lifelines%20-%20October%202019%20-%20The%20Invisible%20Wounds%20of%20Mental%20Health%20Disorders%20-%20FRE.pdf>

[5] <https://www.uoguelph.ca/hr/system/files/Lifelines%20-%20September%202019%20-%20Suicide%20Prevention%20-%20ENG.pdf>

[6] <https://www.uoguelph.ca/hr/system/files/Lifelines%20-%20September%202019%20-%20Suicide%20Prevention%20-%20FRE.pdf>

[7] <https://www.uoguelph.ca/hr/system/files/Vitality%20-%20Understanding%20Addiction%20-%20ENG.pdf>

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[9] <https://www.uoguelph.ca/hr/system/files/Vitality%20-%20Surviving%20Abuse%20and%20Acts%20of%20Violence%20-%20ENG.pdf>

[10] <https://www.uoguelph.ca/hr/system/files/Vitality%20-%20Surviving%20Abuse%20and%20Acts%20of%20Violence%20-%20FRE.pdf>