

MENTAL HEALTH SUPPORTS FOR FACULTY AND STAFF

COVID-19 Wellness Resources

Updates on U of G's Response to COVID-19: [COVID-19 website](#) and [Return to Campuses website](#).

- [Employee Mental Health](#) web page:
 - Provides information on University of Guelph Resources: Homewood Health, Wellness@Work COVID-19 Wellness Resources, and Employee and Family Assistance Program (EFAP).
 - Provide information on local mental health supports and national mental health supports.
- [Gryphon Family web portal](#):
 - This site connects to resources that can help make school life, work life and home life a bit easier during COVID-19.

Wellness@Work

- [Wellness@Work COVID-19 Wellness Resources](#) web page:
 - On this page, are compiled a variety of online wellness-related resources and events to help individuals thrive while the world around us is rapidly responding to the global pandemic.
 - **2-minute video highlighting the [COVID-19 wellness resources available](#).**
 - **20-minute PPT video summarizing [resources available on the COVID-19 website](#).**
 - **Resource Spotlight:** Videos on Workouts and Stretches
 - **Blog article on [Thriving in Uncertain Times](#) with a variety of resources**
 - [December calendar](#), including mental health training opportunities.
 - Each colour on the Health Workplace Calendar is related to certain wellness health goals:
 - Yellow: Mental Health & Workplace Culture
 - Blue: Organizational Social Responsibility
 - Red: Healthy Lifestyles
 - Green: Physical Environment
- **U of G Wellness@Work Community group in Teams:** a space for faculty and staff to come together to share reputable wellness resources, discuss new ideas, pose questions and connect with one another. Currently a forum of 70 individuals.
 - **Join on [Teams](#)**
- **List of [wellness resources](#) by topic area, including mental health,**
 - Includes local Guelph resources for mental health, such as Bounce Back, Big White Wall, More Feet on the Ground etc.

- **Wellness@Work 2020 grant programs** are underway in various departments with unique wellness programs tailored to their needs.
- Department leadership teams completed **Positive Focus Forward** workshops and started drafted their own action items to enhance psychological health and safety. Each department is working away on their identified action items.

Homewood and Employee and Family Assistance program (EFAP)

- The University of Guelph has an [Employee and Family Assistance Program \(EFAP\)](#) that is available 24 hours per day, seven days a week for eligible employees.
- The EFAP Homewood Health program has many different options including:
 - E-counselling by phone, email, text chat or video chat
 - [COVID-19: Pandemic Toolkit for Employees](#)
 - Webinars
 - Health risk assessments on your health history and lifestyle habits
 - E-courses, such as resilience, taking control of your stress etc.
 - Life Smart coaching for childcare and parenting, elder and family care, financial coaching, and grief and loss.
- [COVID-19 Information from Homewood](#) including topics such as *Back to School Support*, *Managing the Impact* etc.
- The **Homeweb portal** is available to employees and their dependents if they register online at <https://homeweb.ca/>. The Homeweb portal contains a library of different topics including but not limited to, Student Life, Crisis (COVID, Parenting, Addiction), Family (Caregiving, Finances, Communication) and Lifestyle.
- **i-Volve program** is an online self-paced treatment for depression and anxiety.
- [1-page handout](#) summarizing some of EFAP Homewood Health programs is also available.

Occupational Health & Wellness

- **Wellness Sessions:** Have started again in virtual format and are posted every month on the Learning and Development Calendar page. These are on a variety of topics and are presented most Fridays (12:00 pm-1:00 pm). For further information on the scheduled dates and topics or to register for a session please go to the Learning and Development [Events Calendar](#).

Learning and Development

- [Employee Guide](#) and [Leader's Guide](#) with new programs for building beyond COVID. One of the key focus areas for programs is “mental health and well-being”: <https://www.uoguelph.ca/hr/hr-services/learning-development>
- [LinkedIn Learning](#) Resources,
 - Mental health courses include:
 - [Supporting Your Mental Health While Working from Home](#)

- [The Five Thieves of Happiness](#)
- [Cultivating a Growth Mindset](#)
- [Self-Compassion: The Proven Power of Being Kind to Yourself](#)
- [Managing Depression in the Workplace](#)

CJHSC Initiative: Raising Awareness – Health, Safety & Wellbeing

- [Raising Awareness – Health, Safety & Wellbeing:](#)
 - Documents were finalized in March 2020 prior to the pandemic shutdown.
 - The webpage has been set up and the pamphlet document is available through EHS.
 - The pamphlet/webpage list a series of supports that are available to faculty and staff.
 - Questions that were finalized, relating to raising awareness of the supports available can be included in the CJHSC workplace inspections once they start again.

Additional Supports

- **U of G Benefits** program-provisions for psychological supports.
- [Mental health training](#) is available for employees: Considering COVID-19, the following trainings will be offered for students, staff, and faculty:
 - **More Feet on the Ground** is an educational website on how to recognize, respond and refer students experiencing mental health issues on campus
 - **Beyond the Books** is a face to face session that will first provide participants with general information on the prevalence of mental challenges and illness. It will then help participants to identify signs of troubling behaviour and give them skills to engage in a preliminary discussion to determine if referral to a professional is necessary.
 - **Living Works Start** is an online alertness training that prepares anyone, regardless of prior experience or training, to recognize when someone is thinking about suicide and connect them to help and support.
- [Diversity and Human Rights \(DHR\) Resources and Training](#), including COVID-19 Equity, Diversity and Inclusion Handbook: Fostering a Sense of Belonging in Times of Crises and Challenge.