

BE WELL BE SAFE

MAY 4-8, 2026

Psychological Safe Leader Assessment

This resource helps leaders become aware of the impact they can have on the psychological health and safety of employees at work. It helps leaders improve communication, social intelligence, fairness and problem-solving.

A Guide for Staff & Faculty: Steps to Supporting a Colleague in Distress

This guide is intended for University of Guelph staff and faculty members to learn how to support a colleague who is in distress. Read through this guide to learn how to recognize signs of distress and how you can offer supportive assistance and email wellnessatwork@uoguelph.ca to bring this training to your team!

Explore your Employee Family Assistance Program (EFAP)

The University of Guelph offers an EFAP in partnership with Homewood Health. Employees and their immediate family members can confidentially contact Homewood Health by Toll-Free Phone: 1-800-663-1142 and access resources and programs at homeweb.ca for free.



Faculty & Staff

Please join us to celebrate Mental Health Week & Safety and Health Week!

MAY 4	MAY 5	MAY 6	MAY 7	MAY 8
Participate in the Spot the Hazards Activity for your chance to win one of three \$25 gift cards!	Recognition & Reward is one of the 13 psychosocial factors that contribute to a mentally healthy workplace. Recognize a colleague or a team by nominating them for May "G" Thanks program!	<p>10:00 – 11:30 am Gryph Post Pickup: Share notes of appreciation and recognition with your colleagues! (in-person)</p> <p>View the IEDI Employee Resource SharePoint Site that offers health and well-being resources for U of G employees in equity-deserving groups and to foster workplace allyship.</p>	<p>9:00 – 11:00 am Supporting Colleagues' Mental Health: Recognize, Respond, Refer (virtual)</p> <p>Reserve your spot for the free Canadian Red Cross CPR Level C/AED Certification that is scheduled for June 4!</p>	<p>9:30 – 10:00 am Chair Yoga: Get Fit Where You Sit (virtual)</p> <p>Explore GOAL 2.0 resources such as the quality conversations Check-In: Discussing Workload Resource.</p>
<p>Homewood Health: A Resource Guide for Trans and Gender Diverse People Sign-in with your Homeweb EFAP login</p>	<p>10:00 – 11:00 am Considering Counselling? Learn more about seeking psychotherapy and what to expect. (virtual)</p>	<p>10:00 – 11:00 am Considering Counselling? Learn more about seeking psychotherapy and what to expect. (virtual)</p>	<p>HeadsUpGuys: Men's Mental Health Resources</p>	
Health and Safety Tip: Office Ergonomics – What to Look for in a Chair	Health and Safety Tip: Sun Safety	Health and Safety Tip: Working in Hot Environments	Health and Safety Tip: Sharps Safety	Health and Safety Tip: Safe Lifting
<p>11:45 am – 1:00 pm Kick-off Event for Be Well, Be Safe Week: Repairing Ruptures in Psychological Safety (in-person)</p>	<p>12:00 – 1:00 pm Staff and Faculty Learn to Lift (in-person)</p>	<p>12:00 – 1:00 pm Pilates Reformer Class (in-person)</p>	<p>12:00 – 1:00 pm Arboretum Tour: Connection to the Land (in-person)</p>	<p>12:00 – 1:00 pm Establishing Healthy Boundaries with Assertiveness (virtual)</p>
	<p>1:00 – 2:00 pm Understanding Psychosis: A Foundational Overview (virtual)</p>	<p>12:00 – 1:00 pm Building Emotional Awareness (in-person)</p>	<p>1:30 – 2:30 pm The Other F Word: opening the conversation about failure (in-person)</p>	<p>1:00 – 2:00 pm Cultivate Connection: A Virtual, Art-Based Workshop (virtual)</p>
<p>CMHA Resource: Learn about the importance of relational connections at work</p>	<p>Research Mental Health Canada Resource: Women's Mental Health Report</p>	<p>1:00 – 1:45 pm Employee and Family Assistance Program (EFAP) Orientation (virtual)</p>	<p>CMHA Workplace Toolkit: Explore activities to strengthen collaboration and relational touch points</p>	



uoguelph/bwbs

Please visit the Wellness@Work website to learn more about each virtual event and complete your registration. All events are free

