

HEALTHY MINDS

Psychological and Social Support



Psychological and social support is the level of trust and connections that exist in the workplace.

It's important for employees to have a network of support where they feel safe and trusted.

What can we do?

- Develop a positive rapport with colleagues by being kind, empathetic, and non-judgmental**
- Be aware of changes in the behaviour of your colleagues**
- If you notice changes, offer your support by offering to listen**
- Thank them for confiding in you and work together to find solutions and ensure they can access supports**

Kindness costs nothing, but can mean everything.

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What can we do?

- As an employee, let your supervisor know you are going through a difficult time and looking for support**
- Be aware of the internal and community resources that are available**
- As a manager, provide flexibility when possible; refer employees to EFAP or connect them with Rehabilitation Services**

Wellness Resources

Employee (and Family) Assistance Program

1-844-880-9142

<https://www.lifeworks.com>

Western Rehabilitation Services

Support Services Building RM 4159

Crisis Line (Reach Out)

Web Chat: <http://reachout247.ca>

(519) 433-2023 or 1-866-933-2023

Canadian Mental Health Association

<https://www.cmha.ca>

For more information, visit:

www.uwo.ca/hr/safety/wellness/healthy_minds/index.html



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