

To: All employees

From: Maura McKinnon, Chief Human Resource Officer

Date: March 17, 2020

Re: **Bulletin #3d - COVID-19 and Mental Health**

Feeling stressed or anxious about the rapid changes and uncertainties surrounding COVID-19 is normal. Supporting your mental health in these circumstances is important.

Many resources are available through Horizon's Employee Health and Wellness [site](#) and other resources found through GNB's [Workplace Strategies for Mental Health](#), such as the [Plan for Resilience](#).

Support is also available 24/7 through Horizon's EFAP by calling inConfidence toll-free at 1-866-721-1738.

Take a moment to look through the [inConfidence online resources](#) such as [Protecting Your Well-being During the COVID-19 Outbreak](#) (Username: gnb Password: inconfidence).

As your employer, we value your health and well-being. We will send more information to help you support your mental health over the course of the week.

We are monitoring the COVID-19 situation closely and will continue communicating any significant developments.

Stay informed by checking Horizon's coronavirus [website](#) regularly for up to date information.

