

To: All staff and physicians
From: Marilyn Babineau, Regional Manager Employee Health and Wellness
Date: Sept. 30, 2021
Re: **Mental Health Supports**

Remember to take time for yourself and access mental health supports

With the recent increase in confirmed COVID-19 cases, and hospital and ICU admissions, across Horizon and in New Brunswick, tensions are running high and it's important to not let anxiety get the best of us.

Horizon's [Employee Health and Wellness page](#) on Skyline contains many supportive resources, including information about Horizon's Employee and Family Assistance Program provider Homewood Health, which is a leader in mental health resources for employers and employees.

In addition to Homewood Health, the Government of Canada introduced a free program for all Canadians in March 2020:

- A toll-free 24/7 crisis hotline is available at 1-844-751-2133. Individuals will receive crisis counselling support and/or referral to community resources.
- A global mental health support program called [Wellness Together Canada](#). It consists of free online resources, tools, apps, as well as connections to trained volunteers and qualified mental health professionals.

The increasing number of positive COVID-19 cases may be weighing heavily on your minds.

Feeling stressed and fearful every day takes a toll on our health and well-being very quickly.

Anxiety can be problematic when it becomes persistent or impairs day-to-day tasks, rational decision-making, and / or maintaining healthy relationships.

As well, the [Canadian Mental Health Association New Brunswick](#) contains multiple resources for mental well being including information about pandemic-related anxiety, and tools such as webinars, tips, and workshops.