

To: All staff and physicians
From: Marilyn Babineau, Regional Manager Employee Health and Wellness
Date: Oct. 22, 2021
Re: **Mental Health Supports**

Horizon has options to support you and your family through the ongoing COVID-19 pandemic. COVID-19 paired with the vaccination requirements for employees and physicians may be weighing heavily on your minds.

The daily updates of new positive COVID-19 cases, public exposures, and feeling stressed and fearful for our families takes a toll on our health and well-being. Anxiety can be problematic when it becomes persistent or impairs day-to-day tasks, rational decision-making, and / or maintaining healthy relationships. It is important to take care of yourself, and your loved ones.

We have tools to help:

- Visit [Homewood Health](#), or call 1-800-669-1142, our free Employee and Family Assistance Program which is a leader in mental health resources for employers and employees
- Horizon's Employee Health and Wellness page on [Skyline](#) contains many supportive resources.

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.

Remember to reach out and access these supports if you're feeling overwhelmed or anxious. You do not have to go through this alone. Remember to be kind - to yourself and those around you.