

**To:** All staff and physicians  
**From:** Christie Ruff, Regional Director Employee Health, Wellness & Safety  
**Date:** September 22, 2022  
**Re:** **Employee Health and Wellness Update**

## Psychological Health and Safety

As we consider the impact the COVID-19 pandemic has had on our workforce, we believe the need to encourage, support, and help our employees manage mental health issues within our workplace is critical. The Canadian Mental Health Association has a [national standard](#) for workplaces to address this need.

Our Employee Health Wellness and Safety department will be implementing a Psychological Health and Safety Management System as a strategic goal in the next two years.

We have created a [“Let’s Talk Horizon”](#) page for you to access information about this initiative and learn more about the impact this will have to our valued Horizon staff and physicians.

Please consider participating in the following:

- **Complete survey** – this survey is entitled “Guarding Minds” and is a validated survey recommended by the Canadian Mental Health Association
- **Watch videos** that will provide information about Psychological Health and Safety Management System (PHSMS)
- **Read** our FAQ and overview of what a PHSMS means to Horizon
- **Participate** by using interactive tools such as a place to share your ideas, your stories and ask questions

## Yearly Flu Shot Campaign

Our Employee Health team is excited to announce the flu shot campaign will launch on Oct. 17 to Nov. 10.

We are developing an FAQ related to any questions you may have about COVID-19 and receiving a flu shot. Stay tuned!

We will be offering flu shots in our on-site clinics, employee health offices, bringing the flu shots directly to the floors and hosting additional clinics in specific locations across Horizon. **More information to follow in upcoming bulletins.**

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