

EMOTIONAL SUPPORTS

In this section you will find helpful links for you, your staff and colleagues regarding emotional support. A list of contacts will be updated as well, with information about who and how to reach out for help.

Taking Charge of What You Can: A COVID-19 Toolkit

Alberta Health Services toolkit for mental health, addictions and dealing with a world in crisis.

Workplace Strategies for Mental Health

Canada Life link for improved psychological health and safety in your workplace.