

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.