



School District 8
Kootenay Lake

Memorandum

To: All District staff
From: Chandra Singh, Director of Human Resources Services
Date: March 31, 2020
RE: COVID-19 update – Wellness resources

Hello everyone,

These are challenging times and not only has how we work changed, but also how we live has changed. This can be unsettling and the lack of control we each have in this is something that can affect not only our physical health, but also our mental health. Listed below is a compilation of **FREE** and **CONFIDENTIAL** resources readily available for you to access.

Employee and Family Assistance Program (EFAP)

Family Services Employee Assistance Programs (FSEAP) is our EFAP provider and they are continuing their services during the pandemic. Counselling services will move to a telephonic approach and continue to be **FREE, CONFIDENTIAL** and available to employees **AND** their dependents. All you need to do is call **1-800-667-0993 (604-732-6933)** and your call will be answered 24 hour per day, 7 days per week.

Family Services Employee Assistance Programs (FSEAP) has also been sending a variety of pieces of information for us to share with you.

To watch a brief video orientation, click <https://www.fseap.ca/post/efap-employee-orientation-english>

Reading Resources

- **[Managing the Impact of COVID-19](#)**
- **[Coronavirus Facts and General Information](#)**
- **[How to Speak to Children about Coronavirus](#)**
- **[Managing Stress & Anxiety](#)**

For your convenience, here is a list of the services FSEAP continues to offer as you navigate your way through this challenging time:

1. Visit the FSEAP website at www.fseap.ca: They continue to update information about COVID-19 and, their resources section is full of great resources and information about anxiety, stress, depression and many other topics.
2. FSEAP has a new App for your convenience. It is available for Apple and Android devices. myFSEAP app gives you easy access to all of our services 24/7/365. The website has for more information and instructions to download: www.fseap.ca/myfseap-app.
3. FSEAP continues to offer counselling by telephone or video. Call 1-800-667-0993 for intake and referrals.
4. Telephone crisis support continues to support employees/families 24/7/365. Call 1-800-667-0993 for immediate support.
5. FSEAP's Work/Life Services continue to be offered (for our customer organizations with this service). Financial & Credit Counselling, Legal Referral Services, Life Coaching, Health Coaching, Nutrition Counselling, Resource Kits – Family Stages, Career Counselling, Child/Eldercare Consultation, Smoking Cessation. Services are offered by phone or video.

LifeSpeak

LifeSpeak is an online library of streaming and downloadable video training modules with renowned experts speaking on a range of health, family, wellness, and professional development topics. The members at LifeSpeak recently sat down with Clinical Psychologist Dr. Brooke P. Halpern to discuss how to best manage anxiety during the Coronavirus outbreak. They have given us free access to the Q and A titled [Managing Anxiety during the Coronavirus outbreak](#), which contains information you may find helpful.

FREE online courses for Mental Health – self-guided and learn at your own pace!

1. [Mind Control: Managing Your Mental Health during COVID-19](#) is a free online course through Coursera created specifically by [Steve Joordens](#), a professor at the University of Toronto in the Department of Psychology to assist people with managing their mental health during the current health crisis. This takes about 7 hours complete and is presented in four modules. It was just made available yesterday!
2. [Starling Minds](#) is a digital mental health program to help you manage uncertainty, stress, and anxiety you may be facing everyday due to the COVID-19 pandemic. This free, confidential program can help anyone with a smartphone or computer manage their COVID-19 related anxiety and stress. Starling's program can help you: understand and manage your moods and negative thoughts; set goals to keep your life on track; maintain healthy boundaries for accessing COVID-19 news; access a supportive, confidential online community for ongoing peer support. [Starling Minds](#) will arm you with the resilience you need to keep your professional and personal lives on track during this time.

Child & Youth Mental Health

The Child & Youth Mental Health & Substance Use (CYMHSU) Community of Practice has provided information and advice on **managing anxiety and stress in families with children and youth during the COVID-19 health crisis.** There are many ideas and suggestions in this resource.

Mental Health Commission of Canada (MHCC)

This information was sent out earlier from MHCC, but it was very well received and is a good reminder to all of us that **choosing sources** carefully is critically important to our mental health.

Financial Assistance

We have had many questions about financial assistance being offered during this time. The Government of Canada has created a **Canadian Emergency Response Benefit** which may be available for anyone who is experiencing a loss of income due to the COVID-19 crisis, whether they would be eligible for Employment Insurance or not. They will be able to apply for this benefit in early April.

8 TIPS TO HELP CARE FOR YOUR MENTAL HEALTH

Good mental health and positive wellbeing can help you better cope with the COVID-19 threat and the uncertainty it's creating.



Verify information is from a legitimate source

Avoid **Excessive** Media Coverage



Practice **self-care**

Seek and give **support** to those around you



Find **hope** and stay **positive**

Acknowledge and **accept** your feelings



Talk to your children about Covid-19

Ask for **professional help** when needed



Mood Disorders Society of Canada
La Société Pour Les Troubles de L'Humeur du Canada



School District 8
Kootenay Lake