

PSYCHOLOGICAL SUPPORT TOOLKIT FOR WORKERS AND EMPLOYERS: COVID-19

WORK TO WELLNESS



INITIATIVE OVERVIEW

COVID-19 has redefined the workplace and brought unprecedented psychological and psycho-social impacts to workers and organizations.

The Canadian Centre for Occupational Health and Safety predicts significant impacts on future work disability. We are already noticing increased workplace conflict and higher levels of anxiety, substance use, and depression in the Canadian workforce. The financial impacts in the workplace can include increased absenteeism and presenteeism.

BC Municipal Safety Association has partnered with workplace mental health expert Diana Vissers, Work to Wellness, to deliver a **FREE** multimedia interactive platform with education, tools and resources to support the detection and efficient resolution of emerging and anticipated problems.

52%

Of Canadians reported
their mental health has
declined due to
COVID-19



Mental Illness is the leading
cause of disability in
Canada



1 in 5 Canadians who drink
alcohol reports drinking
once a day since May



PROGRAM FRAMEWORK

The Psychological Support Toolkit will include a 5 Part – Virtual Summit bringing together industry experts and creating an intimate dialogue on their recommendations in light of COVID-19. In addition, this comprehensive resource will provide information packs, checklists, access to free quality resources, recordings of the 5-part virtual summit and access to an online discussion forum where participants can network, exchange ideas and ask questions with both peers and industry experts.

5-Part Virtual Summit: Each 60 – 90 minute video will be individually valuable however participation in the series is recommended to build skills in the needed areas. Participants will learn how to address the presented problems, apply simple tools, and access additional resources and education. Workers and employers will develop skills to better manage the stressors of COVID-19.

Access to an online discussion forum where you can offer support, encouragement, and share your experiences with managing your stress and anxiety related to the COVID-19 pandemic.

5
PART

Virtual Summit with
Industry Experts



Comprehensive Tool Kit
of resources



Online discussion forum.
Network, engage and
share knowledge with
peers.

FREE



5 PART - VIRTUAL SUMMIT



PART 1: Identifying psychological impacts and needs due to COVID-19

Diana Vissers will host this introductory session where she will examine the workplace impacts of COVID-19 and introduce tools to detect and recognize mental health concerns. Participants will apply the mental health continuum to COVID-19 scenarios and learn about self-assessment and screening tools. This session will introduce the topics for the remaining sessions.

When: September 10, 2020

Time: 10:00 am – 11:00 am

[Register](#) >

PART 2: Skills for communicating effectively with people experiencing psychological distress

Phil Eastwood is an expert in diffusing distressed people and will co-facilitate this session. Diana Vissers and Phil will discuss common work scenarios and Phil will offer tips, suggestions, and tools to effectively respond.

When: September 17, 2020

Time: 10:00 am – 11:00 am

[Register](#) >

PART 3: Exploring substance use and impacts during COVID-19

Recent research shows that we are using up to 40% more alcohol, opioid deaths are the highest ever in BC, and people are reporting more concerns about their substance use. Mike Mathers, an addictions counsellor, will cohost this session and show you why understanding substance use on a continuum, rather than as an all or nothing approach can help prevent those serious work impacts and remove obstacles to getting early support. He will share his insights, some neuroscience tidbits, and his unique perspective, and some practical tips and tools.

When: October 1, 2020

Time: 10:00 am – 11:00 am

[Register](#) >



Sample Toolkit Resources

[Employee & Employer remote work checklist](#)

[Mental Health at Work Continuum](#)

[Mental Health Continuum for Managers and Supervisors](#)



5 PART VIRTUAL SUMMIT

PART 4: Support for managers and leaders: how to respond to your team's psychological needs during COVID-19

Psychologist and Director of Mental Health Solutions at Sun Life Financial, Carmen Bellows, will cohost this session where you will learn the key elements to manage others who are experiencing mental health impacts. You will learn how to recognize distress, and the parameters of your workplace role. Specific examples will be reviewed and various tools will be shared.

When: October 15, 2020

Time: 10:00 am - 11:00 am

[Register](#) >

PART 5: Industry leaders Panel

In this session, Diana Vissers will host a panel of industry leaders who will provide their lens on COVID-19 and the effects on mental health and wellness in the workplace. The panel will include representatives from the municipal, construction, forestry, trucking, hospitality, arts and entertainment and agriculture sectors.

When: October 29, 2020

Time: 10:00 am - 11:00 am

[Register](#) >

Special thanks to our experts!



Boreal
Wellness
Centres

WORK TO WELLNESS



Discussion Forum

An opportunity to network with peers.

Ask or answer questions. Engage with our speakers and share resources.

[Join](#) >



SUPPORTING ASSOCIATIONS

Thank you to all the amazing groups who came together to support this initiative. To find out more about how you can support or use this toolkit in your workplace contact us.



BC Forest Safety

Safety is **good** business

actsafe★
Safety Association

go2HR®

AgSafe



LGMA

LOCAL GOVERNMENT
MANAGEMENT ASSOCIATION
OF BRITISH COLUMBIA

 **SafetyDriven**™
Trucking Safety Council of BC

BCCSA 
BC **ConstructionSafety** Alliance

 **SafeCare BC**

CONTACT US

WORKTOWELLNESS

Diana Vissers, MA, CVRP(D), RRP, Occupational Health Consultant
T: 604-465-0094 | E: diana@worktowellness.com

 **BC MUNICIPAL
SAFETY** Association

Mike Roberts, Executive Director
T: 778-835-9669 | E: mroberts@bcmsa.ca

