

# MENTAL HEALTH RESOURCES

Click here to get started! 

# FOR ABC COMPANY EMPLOYEES & THEIR FAMILIES.

Mental health is a key part of your overall wellness. Like physical health, our mental state can shift throughout our lives from poor to positive and even to excellent, depending on our personal experiences and how we manage the stressors we face. While our world has gone through significant changes recently, what hasn't changed is ABC's commitment to your mental health and emotional well-being.

## Checking in with your Mental Health Status



### Healthy

- Mood generally stable
- 7 - 8 hours of uninterrupted sleep
- Consistent work performance



### Coping

- Nervousness, irritability, sadness
- Trouble sleeping
- Tired/low energy
- Decreased social activity



### Struggling

- Persistent anxiety, anger, sadness, hopelessness
- Disturbed sleep
- Decreased work performance
- Social avoidance



### Unwell

- Excessive anxiety, depression
- Unable to sleep
- Exhaustion
- Absent from work
- Social isolation

Self-Care and Social Support

Professional Care and Help

# TOOLS TO HELP YOU THRIVE

## Crisis Support

The Suicide Prevention Service is available for anyone who is experiencing distress, a mental health crisis or thoughts of suicide. Free and confidential support is available through toll-free calls 24/7. You can even call if you are concerned someone you know may be thinking about suicide or if you are grieving a loss from suicide. If you or your loved ones need someone to talk to, don't hesitate to reach out immediately.

**Suicide Prevention Service: 833.456.4566**

## LifeWorks Employee and Family Assistance Program (EFAP)

LifeWorks is a service provided by ABC, at no cost to you, dedicated to supporting you and your family's overall health and well-being. It provides confidential, clinical support and counselling anytime, 24/7/365, for emotional guidance, personal and family issues, relationships, work-related problems, addiction, grief and other behavioural health concerns.

**Log In:** [lifeworks.com](https://lifeworks.com)

**Download the LifeWorks App:** Call or chat with a counsellor directly from the app.

**Self-Guided Resources:** Find many articles, self-assessments and other tools to support your health journey.



## ABC Benefits Program

The ABC Benefits Program gives you access to an array of professionals and programs to support you on your mental health journey. Covered practitioners include psychologists, social workers and clinical counsellors. Claims for mental health practitioners and related programs, which are not covered under the ABC Health Care plan, may be reimbursed with funds that you have allocated to your Health Care Spending Account and Personal Spending Account. You can access details of your coverage at [sunlife.ca](https://sunlife.ca).

Did you know Cognitive Behavioural Therapy (CBT) is one of the leading mental health treatments? CBT is provided through in-person counselling or online programs (iCBT). The cost of in-person and certain online CBT programs can be claimed through your paramedical coverage.

There are two iCBT program options in Canada that are eligible for reimbursement:

- [myicbt.com](https://myicbt.com)
- [mindbeacon.com](https://mindbeacon.com)

## Wello Virtual Care

In addition to primary medical care, Wello provides access to a national (and bilingual) network of:

- Social workers
- Occupational therapists
- Psychologists
- Kinesiologists
- Psychiatrists
- And more paramedical specialists
- Nutritionists

Access to these professionals is secure, confidential and virtual. Register/log in at [wello.ca](https://wello.ca) to request a virtual visit.

## Additional Resources

While ABC provides you with a robust support network, here are mental health resources available to all Canadians:

**Canadian Mental Health Association (CMHA):** [cmha.ca](https://cmha.ca)

**Centre for Addiction and Mental Health (CAMH):** [camh.net](https://camh.net)

**Canadian Association for Suicide Prevention (CASP):** [suicideprevention.ca](https://suicideprevention.ca)