

Mental Health Matters

A healthy workplace is one where employees and managers collaborate to protect the safety, health and well being of employees by:

Nurturing Balance – home and work life balance is respected and valued.

Learning and Growing – we are supported and encouraged to learn.

Reciprocity and Teamwork – contributes to success and all are valued for what they bring.

Recognition and Belonging – healthy workplaces honour the achievements of all staff.

Respect and Honesty – a positive workplace is one where people can be themselves.

What can you do to safeguard your mental health at work:

Be Gentle – with yourself and your coworkers.

Reach Out – for help when you need it.

Stay Connected – take time to maintain relationships.

Focus on Learning – from stressful events.

Establish Boundaries – both at home and work.

Build Resilience – by being mindful and choosing how you respond to things you can't control.

Take Breaks – listen to your body, knowing that breaks help maintain physical and mental health.

By prioritizing rest, eating well, sleep and being active you will be in a better position to balance your work and home life. And your example helps your co-workers do the same. We all play a part in making workplaces healthy and safe.

cmha.ca



Canadian Mental
Health Association
Saskatoon
Mental health for all

USask Employee Wellness Resources Free to all Immediate Family Members:

EFAP Offers: Confidential support, family support services, crisis support, and mental health support. Conversations are not shared with any other parties. Please visit wellness.usask.ca/help/efap.php

Employee Resources on PAWS Offers: Wellness resources, events and workshops, wellness strategies, links to Lumino, MindBeacon, LifeWorks, and internal and external resources for free confidential mental health services. Please visit wellness.usask.ca/help/cbt.php

Indigenous Wellness Resources: indigenous.usask.ca/resources/wellness-resources.php

LifeWorks 24/7 Confidential USask Hotline 1-855-575-1740 which allows you immediate crisis support and appointment booking, 100% employer-paid program, currently done virtually with complete confidentiality from all other parties. Please visit login.lifeworks.com

Mindbeacon Offers: Private and confidential mental health supports, 24/7 access all year around, and peer-to-peer support. Please visit wellness.usask.ca/help/cbt.php

SunLife Lumino Offers: Virtual “walk-in” services, connect with mental health specialists 24 hours a day, 7 days a week, 365 days a year, with the SunLife app or please visit wellness.usask.ca/help/virtual-health-care.php

Union Benefits Information Page Offers: Information on the benefits your Union provides to you and your immediate family members from mental health services to medical coverage. Please visit wellness.usask.ca/benefits/plansphp#BenefitPlanSummaries

USask Student Wellness Resources:

Indigenous Wellness Resources: indigenous.usask.ca/resources/wellness-resources.php

Student Affairs and Outreach is a team of Social Workers who support students throughout their academic journey. The team provides direct support to students, educational programming, crisis response, and consultation to faculty, staff, and students who are concerned about a student. Please call 306-966-5757 or visit students.usask.ca/health/centres/student-affairs-and-outreach.php#Urgentassistance

Student Wellness Centre: Receive immediate confidential counselling and appointment booking at 306-966-5768 or visit students.usask.ca/health/centres/wellness-centre.php#Services

USask Faith Leaders: wellness.usask.ca/faithleaders/

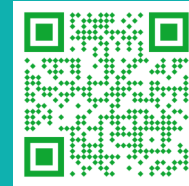
USask Resident Services Counsellor Emails: intake@usask.ca & residence@usask.ca

Immediate Crisis Services:

(For both Employees and Students)

**After Hours Saskatoon
Mobile Crisis:** 306-933-6200

Crisis Services Canada:
1-833-456-4566



Mental Health Matters, We're In This Together.

