

Mental Health and Wellness Hub

Below is a selection of resources available on HBCConnect to support employees' mental and physical well-being

Vision: Holland Bloorview is a mentally healthy workplace that recognizes and supports the overall well-being of our employees, students and volunteers

Strategy: To foster an organizational culture that supports the mental health, safety and well-being of our employees, students and volunteers

Objectives: To build awareness and understanding of mental health and wellness; To enhance work-life supports for mental health and wellness

Please contact humanresources@hollandbloorview.ca if you wish to access any internal policies or other resources off-site.

Counselling and Treatment

Employee and Family Assistance Program (EFAP)

Holland Bloorview offers a free, 24/7 confidential Employee and Family Assistance Program (EFAP) through Morneau Shepell to employees and their immediate family members. This service is available 24/7 and can be reached by calling 1-800-268-5211. It is also available by app in the Google and Apple stores under "My EAP" or online at workhealthlife.com.

Morneau Shepell provides professional, confidential support services including counselling, programs for help with common life issues and resources to employees and members of their immediate families. They can also give you the information, tools, and insights you need to deal with minor issues in the present so they don't grow into more serious problems in the future.

Nurses' Health Program

A voluntary program for Ontario nurses designed to encourage them to seek treatment for substance use and/or mental health disorders that may affect their ability to practice nursing safely. Please visit <https://www.nurseshealth.ca/> to learn more.

Crisis Line

[Distress centers of Toronto](#)

Holland Bloorview Kids Rehabilitation Hospital

150 Kilgour Road, Toronto ON Canada M4G 1R8 **T** 416 425 6220 **T** 800 363 2440 **F** 416 425 6591 hollandbloorview.ca

A teaching hospital fully affiliated with the University of Toronto.

Mental health and wellness

Stress strategies looks at stress as a problem that can be addressed and solved, or at least improved, using practical problem-solving methods. They provide a variety of research backed stress management strategies, share real-life stories, and guide you through questions to help you make use of these various strategies. Create your own action plan.

The Schwartz Centre for Compassion Healthcare for resources promoting compassion and resilience for caregivers

Mindfulness Self-compassion can be learned by anyone and it fosters emotional strength and resilience. It begins with mindfulness- turning with loving awareness toward difficult experiences (i.e. thoughts, emotions, and sensations). Self-compassion involves the capacity to comfort and soothe ourselves, and to motivate ourselves with encouragement, when we suffer, fail or feel inadequate. Self-compassion is learned in part by connecting with our innate compassion for others. Together, mindfulness and self-compassion comprise a state of warm, connected presence during difficult moments in our lives.

Mindfulness Resources:

- [Centre for mindfulness studies](#)
- [Exercises for stress reduction & deep relaxation](#)
- [mindful.org](#)
- [Center for Mindful Self-Compassion](#)
- [Mindful self-compassion meditations](#)
- [3-minute mindful breathing meditation](#)
- [Meditation 101](#)
- [Anxiety Canada guided meditations](#)

Physical wellness

Canadian adults between the ages of 18-64 are encouraged to follow these physical activity guidelines:

- 150 minutes/week of moderate-vigorous intensity aerobic activity, in at least 10 minute increments
- Add muscle/bone strengthening activities at least twice a week
- The more physical activity the greater the health benefits

Quick tip sheets to help with your physical wellness.

- [Get active](#)
- [Eat a healthy diet](#)
- [Build healthy habits](#)
- [Sleep hygiene](#)

Social wellness

Social wellness is our connectedness to people in our community, workplace and family life.

Quick tip sheets to help with your social wellness:

- [Make connections](#)
- [Take care of yourself while caring for others](#)
- [Build healthy relationships](#)
- [Bond with your kids](#)
- [Shape your family's health habits](#)