heartbeat September 2020 Newsletter

Helpful Resources

Check out Workplace Learning Solutions to help support you with training during the COVID-19 pandemic.

Join the Heartbeat Webinar Series for this month's topic — Strategies for Employers during times of Furlough, Layoff, and Redundancies, Wednesday, Sept 16, 2:00 pm EDT. Also available to view anytime beginning on Sept 17.

Supporting Others

If you know someone who may be struggling with a mental health issue, it can be difficult to know what to do. Learn more about the ways you can offer immediate support and help break the stigma around mental illness.

Health



Helping Your Loved One Lift the **Stigma of Mental Illness**

It's difficult for anyone to deal with mental illness alone. A supportive network made up of family members, friends, medical professionals, and community agencies is essential for everyone involved.



Health

Supporting a Co-worker Who May **Have Mental Health Concerns**

It can be hard to know whether a co-worker's troubling behaviour is just a result of a difficult emotional phase or a signal of mental illness.

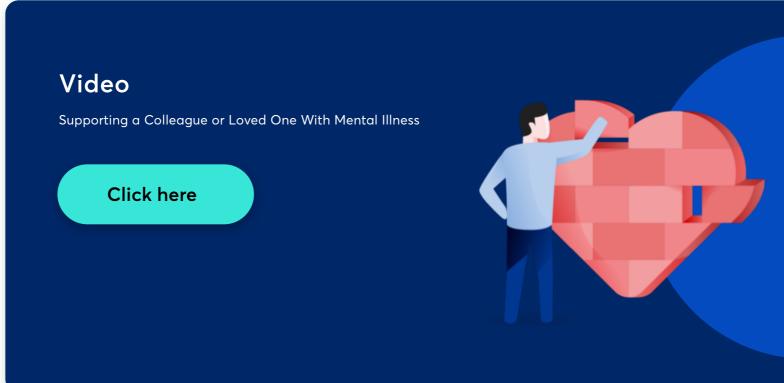
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People Leader's Corner



Recommended for you



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