



## 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.

[Read More](#)

## 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.

[Read More](#)



## People Leader's Corner



### How to Support Your Team Through Mental Health Challenges

Mental health disorders are the leading cause of disability worldwide. Supporting the psychological health of employees has become a priority for organizations everywhere.

[Read more](#)

## Recommended for you

### Video

Supporting a Colleague or Loved One With Mental Illness

[Click here](#)



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