

# Mental health support for employees

## Health Guides on Lumino Health

This resource is available to all plan members, even those who do not have SunLife benefit plans

There are 6 Health & Wellness Guides on Lumino Health:

**Fitness Guide:** Looking to start exercising? Our guide includes tips and information from fitness experts to help you as you work towards a healthier lifestyle.

**Healthy Eating Guide:** Looking to improve your eating habits? Our guide provides helpful tips and information from nutrition experts to help you as you work towards a healthier lifestyle.

**Healthy at Home Guide:** Spending more time at home because of COVID-19? Our guide provides helpful tips and resources to help you and your family maintain a healthy lifestyle at home.

**Stress and Anxiety Guide:** Feeling stressed or anxious? Our guide can help you understand why and give you tips to feel better. Maybe you're supporting a loved one through a stressful time – we can help with that too.

**Virtual Care Guide:** Believe it or not, you can get quality health care without leaving home. Physiotherapists, psychologists and other health-care providers are embracing virtual appointments. Learn how to make the most of your digital options.

**Caregiver Guide - Caring for Older Adults:** Caregiving is a tough job. But there is help. Learn how to navigate challenging decisions when caring for your loved ones, where to find support – and how to care for yourself, too.

## Mental Health Navigator by Best Doctors\*

If you or a loved one is facing depression, anxiety, or a related condition and feel like your current treatment plan isn't working or your condition isn't improving, Best Doctors can help. Mental Health Navigator offers expert evaluation of mental health conditions and navigational support.

**Mental Health Navigator resources:** [Overview](#) | [How it works](#)

Contact 1-877-419-2378 or visit them [online](#).

## Tip sheets for employees

[Suicide awareness resources](#)



310-AUMA | [benefits@auma.ca](mailto:benefits@auma.ca)  
[auma.ca/benefits](http://auma.ca/benefits)

\*Availability of resources is based on your personal Benefits plan

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## LifeSpeak\*

The COVID-19 pandemic has affected all of us. We live in uncertainty, life's habits and familiar patterns have all but disappeared, and no one knows what the next day holds. LifeSpeak's experts can help you carve out some peace of mind by giving you tips and strategies that are easy to implement, right now. Watch [videos](#), read [Expert Blog articles](#) and participate in [monthly Ask the Expert webchats](#) on topics that are most important to you. Share this information with your family members and sign up to our [Mailing List](#) to receive communications from LifeSpeak direct to your Inbox of choice. LifeSpeak is available anywhere and anytime and is 100% confidential.

## Employee Assistance Program by Morneau Shepell\*

Mental health is the capacity of each and all of us to feel, think, and act in ways that enhance our ability to enjoy life and deal with the challenges we face. When it comes to our health - physical or mental - being proactive and focusing on prevention works. The EAP is here for you 24/7 with expert advice to help you adopt strategies that support positive mental health. Support on a variety of scenarios that impact our mental health is available through the EAP such as:

- Short-term professional counselling: provides support for personal and emotional issues
- Family Support Services: provides access to child and elder care resources
- Legal Services: provide consultation with professional lawyers to answer legal questions
- Financial Services: provide consultation with financial advisors to address financial concerns
- Specialized counselling and online programs: self directed resources to assist with career challenges, managing stress, etc.
- Crisis Support: access to a clinical counsellor 24/7 for those who need immediate mental support
- Physical Health Services: provide consultation with a dietitian, or nurse on any nutritional, or health management inquiries

If you're struggling with stress, if you're feeling overwhelmed or overloaded, or if you're worried about your mental health or about someone you love, the EAP can help. Simply visit [workhealthlife.com](http://workhealthlife.com), and you will have access to the wealth of resources available through the EAP.

## Free Public Resources

### [Bounce Back®](#)

BounceBack® is a free skill-building program designed to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress or worry. Delivered online or over the phone with a coach, you will get access to tools that will support you on your path to mental wellness.

### [My Anxiety Plan \(MAP\) Canada](#)

My Anxiety Plan (MAP) is an anxiety management program based on cognitive-behavioural therapy (CBT). CBT is an evidence-based psychological treatment that was developed through decades of scientific research and has been shown to be one of the most effective treatments for anxiety problems. MAP is designed to provide adults struggling with anxiety with practical strategies and tools to manage anxiety. MAP includes 6 easy to navigate units with 45 lessons.

### [Help in tough times](#)

Free, virtual AHS workshops help identify and transform stress.

### [Government of Canada resources](#)

### [Kids Help Phone](#)



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