

A watercolor illustration on the left side of the page. It depicts a small, stylized human figure in a dark blue color standing on a large, vibrant rainbow. The figure is holding a small globe of the Earth. The background is a soft, blended wash of colors including light blue, green, and yellow, suggesting a sky or a dreamlike atmosphere. The overall style is artistic and calming.

Compassion and Respect for Everyone (CARE)

Psychological First Aid for Staff

Are you experiencing stress, anxiety, or uncertainty due to the evolving COVID-19 pandemic? Are you looking for a way to feel calm and supported to better cope with these challenges?

Psychological First Aid is now available to staff and professional staff at our Hospital.

What is Psychological First Aid?

- Provides practical support
- Promotes healthy coping mechanisms
- Provides feelings of safety, calming, and hope

Virtual group and individual appointments are available with our Hospital's psychosocial staff. Appointments are approximately 30 minutes. Some evening appointments are available.

To book your confidential appointment or for more information, email: care@tbh.net (please indicate if you would prefer a group or individual appointment)



Thunder Bay Regional
Health Sciences
Centre