

COVID-19 UPDATE

Keeping You Safe



To: All Hospital and Health Research Institute staff and professional staff

From: Jean Bartkowiak, President & CEO

Date: Tuesday, April 14, 2020

RE: **Staff Health and Wellness**

This pandemic is unprecedented in modern history. Navigating these uncharted waters may be the most challenging crisis most of us will ever encounter. At this challenging time, it is normal to feel fear and anxiety. The health and safety of our staff and professional staff remains our utmost priority. Anyone who is feeling overwhelmed is encouraged to reach out for help and access the variety of resources available to you as an employee at Thunder Bay Regional Health Sciences Centre.

It is imperative to take time to address your physical and mental wellbeing. I strongly encourage you to use the valuable resources you will find on the COVID-19 page of the iNtranet at <https://comms.tbrhsc.net/covid-19-information/staff-wellness-resources/>

You will find links to mental health, addictions and family supports through Green Shield, the Ministry of Health, the Canadian Mental Health Association and other reputable organizations.

These resources have been vetted and are recommended by the Human Resources department. If you are experiencing challenges, I hope you will refer to them to help you and your family during this time of uncertainty.

Additionally, Employee and Family Assistance Program counselors are available to you and your family, confidentially. To arrange to speak with a counselor, please call 623-7677.

For more information or further support, please contact your manager.

All Hospital COVID-19 updates are available on the iNtranet at <https://comms.tbrhsc.net/covid-19-information/>.

For more information about COVID-19, please contact the Thunder Bay District Health Unit at 1-888-294-6630 or www.tbdhu.com/coronavirus. More information is also available at <https://files.ontario.ca/moh-coronavirus-info-sheet-english-2020-02-18.pdf>.