

# COVID-19: Mental Health & Well-Being Resources for School Staff Wellness

## General COVID-19 Information

[HPEPH COVID-19](#)

[HPEPH COVID-19 Resources for Schools](#)

## Staff Wellness

### Resources for Personal Wellness

- **Look for support within your school and school board.** Speak to your colleagues, principal, or school mental health professional. Contact your school board Human Resources Department or call your Employee Assistance Program.
- [Addictions and Mental Health Services Hastings Prince Edward](#)  
Offers support for individuals (16 and over) experiencing difficulties coping with mental health or substance use. Call the Central Intake at 310-OPEN (6736).
- [Crisis Intervention Centre](#) – is a free community mental health program sponsored by Quinte Health Care. Telephone counselling is available by calling 613-969-7400 or 1-888-757-7766, extension 2753. Assistance is available to any adult (16 years and older) experiencing a psychological, emotional, or situational crisis requiring immediate, short-term assistance.
- [Bounce Back Ontario -](#) is offered by the Canadian Mental Health Association. Clients must either be referred by their primary care provider (family doctor, nurse practitioner) or psychiatrist, or they may self-refer as long as they're connected with a primary care provider. For those who are not quite ready for coaching, the online videos can provide helpful tips.
- [Wellness Together Canada](#) – is offered by the Government of Canada, and is a free online mental health and substance use website to support people across Canada. It offers text support, information and videos, programs, and individual counselling. It was launched in response to growing mental health concerns related to the COVID-19 pandemic.
- [ConnexOntario](#) provides free and confidential health services information for people experiencing problems with alcohol and drugs, mental illness, and/or gambling. Support is available via telephone, chat, and email. Call 1-866-531-2600.

### Resources for Staff Wellness

- **Greater Good Education Program**
  - [Staff Well-Being](#)
  - [Positive Staff Relationships](#)

- **Apple Schools**
  - [Staff Wellness Challenges](#)
- **Mindful Teachers**
  - [Self-Care Resources](#)
- **Mental Health Commission of Canada**
  - [Workplace Wellness](#)
- **School Mental Health Ontario**
  - [Leading Mentally Healthy Schools](#)