



NORTHERN
HEALTH REGION

Wellness Wednesday: Holiday Edition # 1 of 3

December 9, 2020

Working in Health Care this Holiday Season?

You may envision your perfect holiday as filled with peace and joy. However, what if you find yourself worrying, stressing and feeling overwhelmed; especially this year, due to COVID. As Healthcare Employees, you may be working more than usual, fearing being sick and/or bringing sickness to your family and wondering when, or if, life will ever return to normal.

Please know that you are not alone. It may be comforting to know that we are all working together, supporting each other and that there are resources that can help.

Resources available to Healthcare Providers like you:

MD Care - for Manitoba physicians & their immediate family. For an appointment, leave a confidential voicemail at **(204) 480-1310**. Messages will be returned by the end of the next business day. For more info: <https://doctorsmanitoba.ca/wellness/md-care/>

Psychology works for COVID-19. Psychologists giving back to front line service providers who may be feeling stressed, overwhelmed or distressed by being on the front lines of this health crisis. To access, choose from the list of Manitoba providers here: <https://cpa.ca/corona-virus/psychservices/>. Psychologists on the listing have agreed to return calls for requests for service within 24 hours and to provide services at no charge.

Your **EAP** is always an option and will be featured on all our Wellness Wednesday holiday editions. *See below*

Not sure what supports might be a fit for you?

Your Mental Health Promotion person can help you navigate resources. Whether you are looking to connect in person, virtually (Zoom, online groups), or are looking for things to do on your own (self-guided online info, apps).

They can help you find what fits for you.

Flin Flon: Donna Head 204-681-3126 or dhead@nrha.ca

The Pas: Shellie Verville 204-623-9638 or sverville@nrha.ca

Thompson: Jennifer Whalen 204-778-6513 Ext 222 or jwhalen@nrha.ca

Please note: MHP folks do not offer individual or family counselling. However, if that is what you are looking for, they would be able to provide you info on what is available.

*Employee Assistance Plan – Blue Cross:

As an NRHA employee, you can access this service by calling here: **1-800-590-5553**
Also, *new!* **Blue Cross “Connect Now”** (immediate support and brief service that does not count against your EAP coverage unless they refer you for more regular contact)

