

# University of Guelph COVID-19 Faculty and Staff Wellness Resources

May 4, 2020

UNIVERSITY  
of GUELPH

IMPROVE LIFE.

# Gryphon Family Portal: Faculty and Staff

## Faculty and Staff



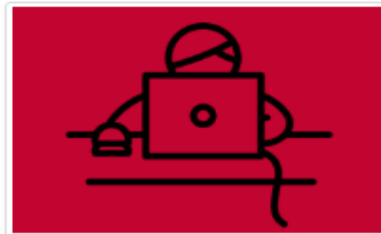
Employee Mental Health



Gryphon Kids



Learning and Development



Working From Home



Wellness@Work

# Gryphon Family Portal: Students

## Undergraduate and Graduate Students



Library Supports



Mental Health Resources



Healthy Habits



Student Career Development



Stay Connected

# Employee and Family Assistance Program (EFAP)

- Provided through Homewood Health
- Short-term individual assistance & family counselling (ex. Nutrition, Lifestyle Changes, Smoking Cessation, Childcare and Parenting, Elder Care, Relationships, Financial, Legal, Career Planning)
- Crisis intervention
- Grief counselling
- E-courses
- Free and confidential
- 24/7 Helpline Access
- Call 1-800-663-1142 or create an account at [homeweb.ca](http://homeweb.ca).

## Additional Supports

- University of Guelph Benefits - \$1200 per calendar year for psychological services
- Diversity and Human Rights' COVID-19 Equity, Diversity, and Inclusion Handbook
- Canadian Mental Health Association HERE 24/7 phone line
  - Addictions, mental health and crisis services
  - Call 1-844-437-3247 (HERE247) or TTY: 1-877-688-5501
- Women In Crisis's Crisis Line
  - Sexual Assault and Domestic Violence Support
  - Call 519-836-5710 or 1-800-265-7233
- Telehealth Ontario
  - Call 1-866-797-0000 or TTY: 1-866-767-0007

# COVID-19-Specific Resources

- Centre for Addiction and Mental Health – [Mental Health and the COVID-19 Pandemic](#)
  - Coping with stress and anxiety
  
- Homewood Health’s [COVID-19: Pandemic Toolkit](#)
  - Resilience, taking charge of stress, mental illness, crisis management and more.
  
- Government of Canada’s [Wellness Together Canada: Mental Health and Substance Use Support](#) site.
  - Tools and Modules on low mood, worry, substance use, social isolation and relationship issues

# Human Resources – Occupational Health and Wellness

Free online webinars from Homewood Health:

- Anxiety, Depression and COVID-19: Supporting Yourself and Others (May 1st)
- COVID-19: Calming Your Mind in Challenging Times (May 8th)
- COVID-19: Strategies for Managing Stress (May 22nd)

# Human Resources – Learning and Development

- Web-based, interactive sessions to build skills that support productive and healthy work
  - Managing Me at Home
  - Tips for Leading Remote Teams – Being Together When Apart
  - Resilience Now! Introducing Proven Techniques to Counter Creeping Impatience, Stress and Overwhelming Feelings
  - Leading Virtual Meetings to Promote Planning, Productivity and Personal Connections
  - Managing Your Mindset in Uncertain Times
- Learning Snippets: short COVID-19 lessons
- LinkedIn Learning Resources

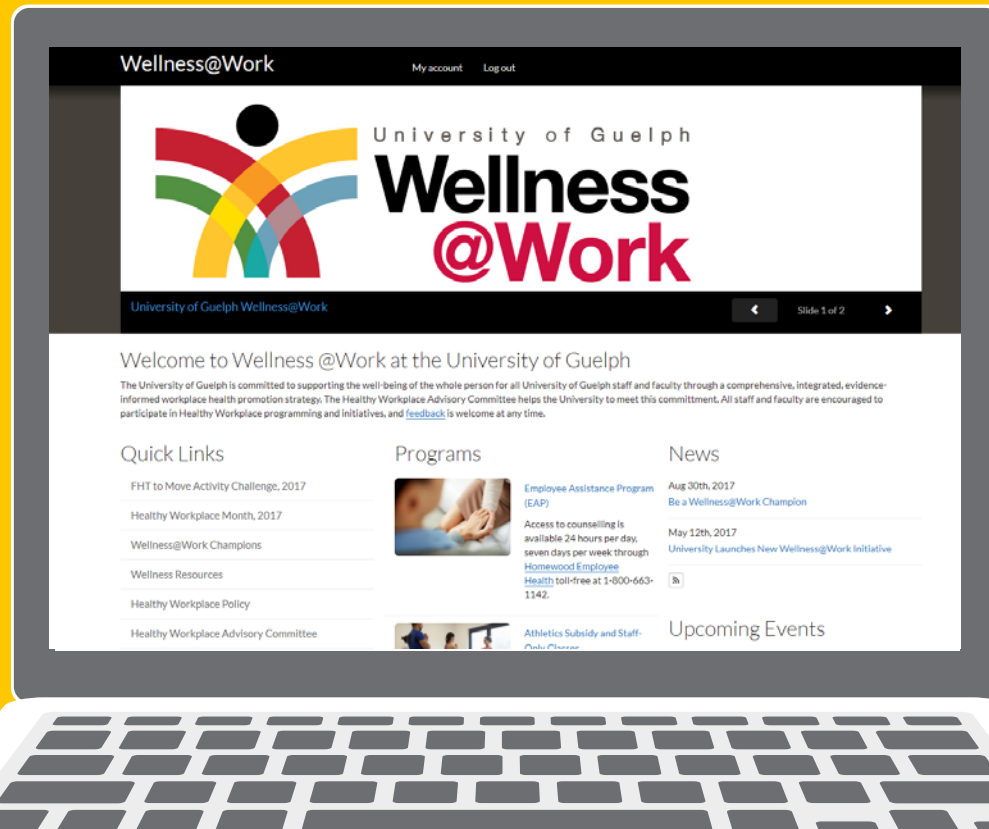


# Human Resources – Learning and Development

- GOAL 2.0 – Performance Success Through Quality Conversations
  - Check-in
  - Appreciation and Recognition
  - Feedback
- Conversation guides and tools are available:  
<https://www.uoguelph.ca/hr/goal-2.0/about-goal-2.0>

# Human Resources – Wellness@Work

- New COVID-19 webpage
- Additional Wellness Resources
- Collation of wellness events



# Micro-Habits – Work and Productivity

- Expectation Management
- Flexible Schedule
- Map Out Your Day

# Microhabits - Wellness

- Bookend your day with positive habits
- Incorporate stretch breaks
- Connect with nature

## Key resource website links:

- University of Guelph Official COVID-19: <https://news.uoguelph.ca/2019-novel-coronavirus-information/>
- Gryphon Family Resources site: <https://news.uoguelph.ca/2019-novel-coronavirus-information/gryphon-family/>
- Faculty and Academic Staff Relations: <https://www.uoguelph.ca/facultyrelations/>
- Human Resources: <https://www.uoguelph.ca/hr/>
- Learning and Development Event Registration: <https://www.uoguelph.ca/learningmatters/eventreg/calendar/2020/04/all>
- Homewood Health Pandemic Toolkit: <https://www.uoguelph.ca/wellnessatwork/news/2020/04/covid-19-pandemic-toolkit>
- Diversity and Human Rights' Equity, Diversity and Inclusion Handbook: <https://www.uoguelph.ca/diversity-human-rights/covid-19-resources>
- Wellness@Work: <https://www.uoguelph.ca/wellnessatwork/COVID19-wellness-resources>
- Centre for Addiction and Mental Health – <https://www.camh.ca/en/health-info/mental-health-and-covid-19>
- Government of Canada's Wellness Together Canada: Mental Health and Substance Use Support site: <https://ca.portal.gs/>.
- GOAL 2.0 Quality Conversation Guides: <https://www.uoguelph.ca/hr/goal-2.0/about-goal-2.0>

# Thank you!

Questions or feedback?

Email: [wellnessatwork@uoguelph.ca](mailto:wellnessatwork@uoguelph.ca)

The logo of the University of Guelph, featuring the text "UNIVERSITY of GUELPH" in a serif font, with "UNIVERSITY" on the top line, "of" in a smaller font in the middle, and "GUELPH" on the bottom line. The logo is white on a black background.

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