



## Policy and Support Document for Healthcare Staff in Isolated, Rural, or Away-From-Home Assignments

Dear Team,

To support your well-being, we have created this document to outline guidelines, resources, and strategies aimed at enhancing your mental health while working in isolated or rural locations. We recognize the unique challenges you encounter and are committed to providing the support you need.

### Mental Health Support Resources by Province

#### National Resources

- **Wellness Together Canada:** Offers free mental health and substance use support. Visit Wellness Together Canada or call 1-866-585-0445.
- **Canadian Mental Health Association (CMHA):** Provides a variety of mental health programs and services. Visit CMHA.

#### Alberta

- **Access Mental Health:** Free, confidential mental health services. Call 1-877-303-2642.
- **Nurses' Hotline:** 24/7 access to registered nurses for health advice. Call 811.

#### British Columbia

- **Here to Help:** Resources for mental health and substance use. Visit Here to Help.
- **Mental Health Support Line:** 24/7 support at 310-6789 (no area code needed).

#### Manitoba

- **Manitoba Farm, Rural & Northern Support Services:** Free support for rural residents. Call 1-866-367-3276.
- **Klinic Crisis Line:** 24/7 support at 1-888-322-3019.



## **New Brunswick**

- CHIMO Helpline: 24/7 crisis intervention at 1-800-667-5005.
- Tele-Care: 24/7 health advice. Call 811.

## **Newfoundland and Labrador**

- Mental Health Crisis Line: 24/7 support at 1-888-737-4668.
- Bridge the gApp: Online mental health resources. Visit Bridge the gApp.

## **Nova Scotia**

- Mental Health Crisis Line: 24/7 support at 1-888-429-8167.
- Nova Scotia Health Authority: Mental health and addiction services. Call 1-855-922-1122.

## **Ontario**

- ConnexOntario: Free, confidential health services information. Call 1-866-531-2600.
- Good2Talk: 24/7 support for post-secondary students. Call 1-866-925-5454.

## **Prince Edward Island**

- Island Helpline: 24/7 support at 1-800-218-2885.
- Mental Health and Addictions Services: Call 1-866-770-0588.

## **Quebec**

- Info-Social 811: 24/7 psychosocial support. Call 811.
- Revivre: Support for anxiety, depression, and bipolar disorder. Call 1-866-738-4873.

## **Saskatchewan**

- Farm Stress Line: 24/7 support at 1-800-667-4442.
- HealthLine 811: 24/7 health advice and support. Call 811.



## Strategies for Supporting Well-Being and Mental Health

### Pre-Assignment Preparation

**Orientation and Training:** Comprehensive training addressing the specific challenges of your assignment location.

**Resource Awareness:** Detailed information on local and provincial mental health resources.

**Communication Plan:** Establish a regular communication plan with a designated contact person for ongoing support.

### During Assignment

**Regular Check-Ins:** Scheduled check-ins with a supervisor or support person to discuss any challenges.

**Peer Support Groups:** Engage in peer support groups or online communities for shared experiences.

**Mental Health Days:** Provision for mental health days to manage stress and prevent burnout.

### Post-Assignment Support

- **Debriefing Sessions:** Sessions to discuss your experiences and provide emotional support.
- **Continued Access to Resources:** Ensure ongoing access to mental health resources and services.

### Additional Support Strategies

- **Mindfulness and Relaxation Techniques:** Practice mindfulness, meditation, and relaxation techniques to manage stress.
- **Physical Activity:** Engage in regular physical activity to boost mood and overall well-being.
- **Healthy Work-Life Balance:** Maintain a healthy balance to prevent burnout and support mental health.



## Emergency Contacts

**Local Emergency Services:** Dial 911 for immediate emergencies.

**24/7 Crisis Helplines:** Use the provincial crisis helplines listed above for immediate mental health support.

## Conclusion

At Pat Employment Solutions, we are dedicated to supporting the well-being of our team, especially those working in isolated or rural assignments. We understand the unique challenges you face and are committed to providing the necessary resources and strategies to promote mental health and resilience. Together, we can ensure a positive and supportive work environment, enabling everyone to thrive in their roles. Thank you for your hard work and commitment to our mission.