

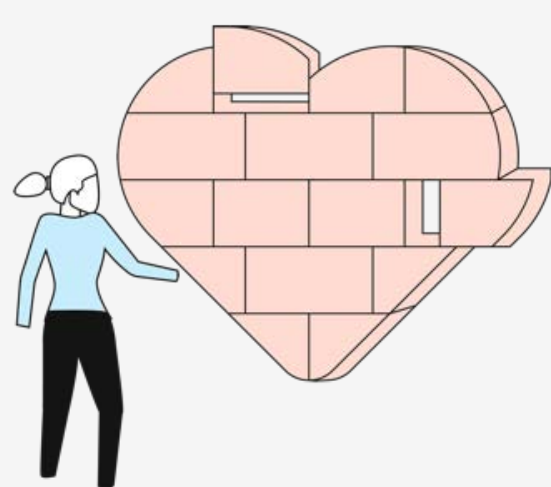
Helpful Resources

Be ready for the biggest pandemic-related change you can plan for: your peoples' return to the workplace. Through group learning and dedicated counselling, we can support the mental health of your people and build the resilience of your workforce as they take this next big step. [Let's build your plan.](#)

Check out [Workplace Learning Solutions](#) to help support you with training during the COVID-19 pandemic.

Building Courage to Change: Guidance for substance abuse

It takes courage to acknowledge and ask for help through addiction. Learn how to recognize the signs of abuse and ways you can support a friend, family member, or colleague.



When Someone You Care about Abuses Drugs or Alcohol

If you suspect a loved one may have a substance abuse problem, be sure you know the warning signs and understand how to approach the situation.

[Read More](#)

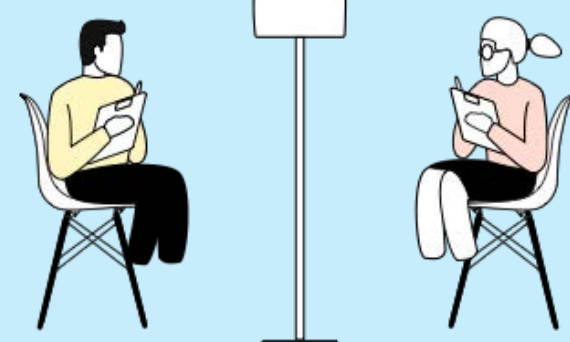
Talking to Teens About Drugs and Alcohol

It's important to maintain the lines of communication with your teen about the risks of drug and alcohol misuse. Here's how to have these critical conversations.



[Read More](#)

People Leader's Corner



Raising Employee Awareness of Drug and Alcohol Misuse

Offering support and education about drug and alcohol abuse is a key way to show you care about their wellbeing and their families.

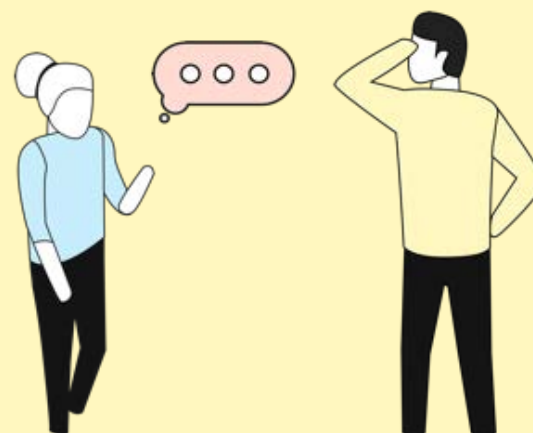
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Recommended for You

Video

Helping a Loved One on the Road to Recovery

[Click here](#)



[Heartbeat Newsletter Homepage](#)



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