



Helpful Resources

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

Join the [Heartbeat Webinar Series](#) for this month's topic — [Strategies for Employers during times of Furlough, Layoff, and Redundancies](#), Wednesday, Sept 16, 2:00 pm EDT. Also available to view anytime beginning on Sept 17.

Supporting Others

If you know someone who may be struggling with a mental health issue, it can be difficult to know what to do. Learn more about the ways you can offer immediate support and help break the stigma around mental illness.

Health



Helping Your Loved One Lift the Stigma of Mental Illness

It's difficult for anyone to deal with mental illness alone. A supportive network made up of family members, friends, medical professionals, and community agencies is essential for everyone involved.

[Read More](#)

Health

Supporting a Co-worker Who May Have Mental Health Concerns

It can be hard to know whether a co-worker's troubling behavior is just a result of a difficult emotional phase or a signal of mental illness.

[Read More](#)



People Leader's Corner



How to Support Your Team Through Mental Health Challenges

Mental health disorders are the leading cause of disability worldwide. Supporting the psychological health of employees has become a priority for organizations everywhere.

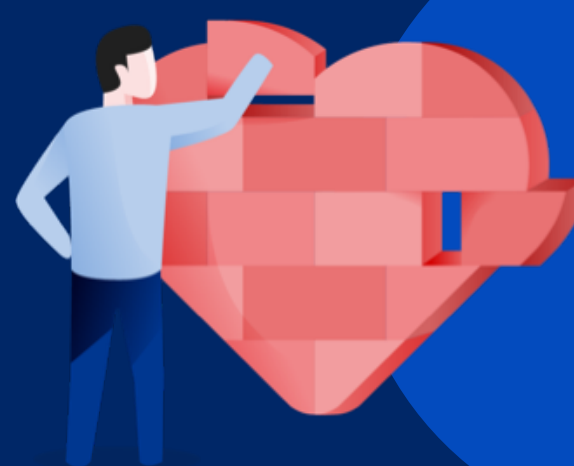
[Read more](#)

Recommended for you

Video

Supporting a Colleague or Loved One With Mental Illness

[Click here](#)



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