BEINGYOUR **BEST SELF!**



Emotional wellbeing is tied to all aspects of wellness. The AOMBT benefits plan offers services to support your emotional wellbeing. Your paramedical coverage includes professional support from specialists that aren't covered by the public health system, such as Psychologists and Social Worker/Counsellors.

Optima Global Health is your Member Assistance Program. Services includes up to three hours of one-one-one counselling sessions over the phone, as well as personalized support for changes to lifestyle habits. Call 1-877-480-2240 if you need to talk to someone.

There are many community resources and supports available as well! Find resources local to you browsing the Government of Ontario's mental health page or by calling 211.

MindBeacon digital therapy is available free of charge to support Ontarians through stress and mental well-being concerns during COVID-19, funded by the Government of Ontario.

The Mood Disorders Society of Canada and Mental Health Commission of Canada both have a wealth of mental health and wellness resources to help you and your family cope with the pandemic.

Anxiety Canada has tools and resources specifically to help manage anxiety.

If you're dealing with addiction issues, including substance use, alcohol use, or problem gambling, ConnexOntario is there to help, with free and confidential health services via phone or chat, 24 hours a day, 7 days a week, at 1-866-531-2600.



CAMH has tools to help you manage as we adapt to the "next normal." Canadian Mental Health Association has tips on how to connect, even with social distancing.

Children's Mental Health Ontario (CMHO) has a variety of resources for youth and their parents.

BounceBack Ontario is a free, guided self-help program offering coaching, skill-building workbooks, and online videos to help you deal with feelings of anxiety or low mood.

Questions?

For more information or assistance, please contact us by calling 1.866.418.3773 or emailing info@midwivesbenefits.ca. AOMBT • Mental Health Resources • November 2021

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Dialogue is a virtual telehealth program Download the app on your smartphone or access it online at <u>https://app.</u> <u>dialogue.co</u> on Google Chrome, Safari or Firefox.

- 1. Click on 'Get started'
- Enter your first name, last name and date of birth
- 3. Follow the instructions to create your account
- Complete your profile and invite your spouse and children under "Profile" > "Family".

4 ATA Stress & Wellness Your mental health matters just as much as your physical health. Rev our resources or consult with ou care team for support. Monitor your stress Arigment a few guestions to s you're doing [2] Start consultation Screak with a mental health s directly. Additional resources COVID-19 X Review our safety tips and guides View wellness tips

Select from a variety of topics, like "Feeling relaxed and peaceful," to access a wealth of information.

The Dialogue Stress & Wellness = program can help you deal with stress, with 24/7 support and preventative health coaching, webinars and wellness tips and Hi Member! free psychotherapy sessions How can we help you today? as needed, prescriptions, and medical treatment. Stress & Health Concern Wellness Address a health Get support for a concern happier, healthier you ♡ Dialogue EN 1 FR = -Relaxation and Find Health Mindfulness Prescriptions Resources Obtain and renew your Find clinics and prescriptions specialists rear you Short periods of relaxation and mindfulness brings mental clarity, reduces stress and improves the ability to make good decisions. You can speak with a mental Information to get you health consultant directly, or started choose View Wellness Tips to Spend 10 minutes to learn more about the access online resources. importance of relaxation and mindfulness by watching this video. 4 Care Team Breathing exercises lons streased Why Our experts have created some resources for your general wellbeing Focusing on your breath allows you to that you can explore at your own concentrate on slow, deep breathing and helps pace you disengage from distracting thoughts and What would you like to improve? 0 You'll get access to information, exercises, videos, and self-Getting a good night's sleep assessment tools. Feeling relaxed and peaceful Eating healthy

Staying fit and energized

Adhering to my goals

⊳

Connecting and learning with others

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Tap a button to anower



Questions? <u>Sign up for a</u> <u>Dialogue webinar to learn</u> <u>more.</u>