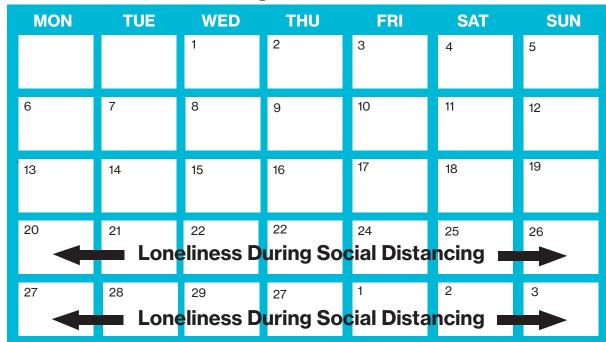
## **COVID-19 Wellness Calendar**



### **April 2020**



### **April 20 to May 3 - Lonliness During Social Distancing**

For this theme we are providing you with a video that shows some tips for mental wellbeing during lock down and working from home. You can access the video via the link below:

• https://www.lancs.live/news/lancashire-news/how-cope-loneliness-anxiety-during-18031241

In addition to the video we also have the following resources available to you:

- https://www.youtube.com/watch?v=Cjlatwn7dnY
- https://blackandmcdonaldhealth.com/wp-content/uploads/2020/04/Social-Apps-Can-Help-You-Keep-Connected-While-in-Quarantine.pdf
- <a href="https://ca.portal.gs/">https://ca.portal.gs/</a> Wellness Together French and English
- <a href="https://blackandmcdonaldhealth.com/wp-content/uploads/2020/04/FR-Composer-avec-le-sentiment-de-solitude.pdf">https://blackandmcdonaldhealth.com/wp-content/uploads/2020/04/FR-Composer-avec-le-sentiment-de-solitude.pdf</a> (French)

Learn more about loneliness during social distancing <u>here.</u>

Please remember that you are not alone during this time. Reach out to family, friends, co-workers, your supervisor or any leaders within the organization as we are here to help. You can also speak to our EFAP provider:

#### **Workplace Options EFAP**

(Canada)

- Call 1-877-847-4525
- Email support@resourcesforyourlife.com
- Visit <a href="http://ca.resourcesforyourlife.com">http://ca.resourcesforyourlife.com</a>
  COMPANY CODE: BMWeCare
- Download the 'ICONNECT YOU' app from the App Store or Google Play PASSCODE: 149301

#### **Alternatives EAP**

(United States)

- Call 1-800-466-8282
- Access Code 8282
- Visit www.AlternativesEAP.com
- Download the 'Alternative EAP' app from the App Store or Google Play

# Contact your Regional HR Partner for more support.

Black & McDonald has launched a **new COVID-19 website**, <a href="http://blackandmcdonaldhealth.com">http://blackandmcdonaldhealth.com</a> for our employees.

Please visit the website for up-to-date information on COVID-19, all staff messages from our CEOs, and variety of resources to support the health and wellbeing of our employees.