

# COVID-19 Wellness Calendar



## April 2020

MON	TUE	WED	THU	FRI	SAT	SUN
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	22	24	25	26
27	28	29	27	1	2	3

← Loneliness During Social Distancing →

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### April 20 to May 3 - Loneliness 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.lanacs.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>
- <https://ca.portal.gs/> - Wellness Together French and English
- <https://blackandmcdonaldhealth.com/wp-content/uploads/2020/04/FR-Composer-avec-le-sentiment-de-solitude.pdf> (French)

Learn more about loneliness during social distancing [here](#).

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](mailto:support@resourcesforyourlife.com)
- Visit <http://ca.resourcesforyourlife.com>  
COMPANY CODE: BMWeCare
- Download the 'ICONNECT YOU' app from the App Store or Google Play PASSCODE: 149301

### AlternativesEAP

(United States)

- Call 1-800-466-8282
- Access Code 8282
- Visit [www.AlternativesEAP.com](http://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**, <http://blackandmcdonaldhealth.com> 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.