

**To:** All Staff  
**From:** Maura McKinnon, Chief Human Resource Officer  
**Date:** March 26, 2020  
**Re:** **Bulletin #12b – COVID-19 – Anxiety Management: Tools, Resources, and Support – Mar 26 2020**

For many of us, COVID-19 makes for a very uncertain future. Horizon Health Network employees remain on the job, on-site or remotely, because your work is acritical positions or a support to those critical positions. These are trying times and we must be conscious of looking after our mental health.

While anxiety is a normal reaction to the pandemic as people worry about their own health and the health of their loved ones, too much anxiety can start to cause harm at work and at home. Feeling stressed and fearful every day takes a toll on our health and well-being very quickly. **Anxiety can become problematic when it becomes persistent or impairs day-to-day tasks, rational decision-making, and/or maintaining healthy relationships.**

## Dealing with anxiety? Here's what you can do...

### Step 1

Access  
[Resources for Mental Wellbeing](#)  
on Skyline

### Step 2

Contact the  
**Employee and Family Assistance Program**  
anytime at 1-866-721-1738  
or  
24/7 @ [www.myinconfidence.ca](http://www.myinconfidence.ca)  
Username → **GNB**  
Password → **inconfidence**

Please note, the Employee and Family Assistance Program (EFAP) is a **CONFIDENTIAL & FREE** resource that is available for you **AND** your dependent(s).