

**To:** EM/ANB Employees

**From:** Beth Simkins-Burrows, Senior Manager, Human Resources

**Re:** HR Bulletin #5 – Mental Health in the Workplace

Feeling stressed or anxious about the rapid changes and uncertainties surrounding COVID-19 is normal. Supporting your mental health in these circumstances is important.

Many resources are available through our ANB or EMP intranet sites. Please [click here](#) for ANB and [click here](#) for EMP.

Support is also available 24/7 through our Employee Assistance Program (EAP) by calling inConfidence toll-free at 1-877-418-2181. Online resources are available via:

[Myinconfidence.ca](http://Myinconfidence.ca)

**Userid:** healthymind

**Password:** inconfidence

As your employer, we value your health and well-being. We will send more information to help you support your mental health over the course of the week.

We are monitoring the COVID-19 situation closely and will continue communicating any significant developments.