**MANAGING ANXIETY AROUND RETURNING TO CAMPUS**

As we begin to contemplate a gradual return to campus for work, you may experience feelings of anxiety. There is nothing wrong with feeling anxious about changes and uncertain times, and you are not alone in these feelings.

It is important that as we navigate a gradual return to campus, employees become familiar with all available resources and supports.

If you are experiencing anxiety or other mental health concerns, consider using the following resources to help you cope with these emotions and changes.

**HEALTH EMPLOYEE AND FAMILY ASSISTANCE PROGRAM:**

The Homewood Health Client Services Centre, **1-800-663-1142**, offers advice, counselling, and help for all employees and their dependents. Services are offered remotely and confidentially 24/7/365. Additional tools and resources for managing anxiety, stress and other mental health concerns can be found at <https://homeweb.ca/>

Services offered by Homewood Health include support for the full range of issues employees or their families may be experiencing at this time. Services include counselling, coaching, online courses, and tip sheets on a range of topics such as anxiety management, stress management, and protecting your mental health.

**SPEAK WITH A TRAINED PROFESSIONAL:**

* Counselling Coordinated by Homewood Health

Through Homewood Health, **1-800-663-1142**, a qualified professional will provide you with confidential help tailored to your specific situation. Services are offered remotely and confidentially 24/7/365 and may include advice, counselling, or coaching.

* Individual Counselling

The Services of a Registered Psychologist or Registered Psychotherapist of your choice may be covered by benefits for your employee group. Benefits packages for eligible employee groups at Victoria University are available at <https://vicu.utoronto.ca/about-victoria/human-resources/pensions-benefits-and-wellness/>.

**USE INTERACTIVE WELLNESS TOOLS AT YOUR OWN PACE:**

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| --- | --- | --- |
| **Resource** | **Description of services**  | **How to access services** |
| **IVolve** | Homewood Health’s interactive tool to identify, challenge, and overcome dysfunctional thoughts, behaviors, and emotions associated with anxiety and/or depression | Login at <https://homeweb.ca/>and access this service found under “Tools” |
| **Stronger Minds** | Access guidance from psychologists in the form of short expert Q&A videos, quick reads and resilience-building activities focused on protecting emotional well-being | Access free services by visiting[www.mindbeacon.com/strongerminds](http://www.mindbeacon.com/strongerminds) |
| **Bounce Back**  | Canadian Mental Health Association’s free, guided self-help program that is effective in helping people who are experiencing mild-to-moderate anxiety or depression, or may be feeling low, stressed, worried, irritable or angry. | Access free services by visiting <https://bouncebackontario.ca/> |

**LEARN ABOUT BUILDING RESILIENCE AND MANAGING ANXIETY WITH A COURSE:**

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| **Course title** | **Description of services**  | **How to access services** |
| **Resilience** | Resilience course featuring before and after testimonials, interviews with psychologists, and step-by-step guided exercises.  | Login at <https://homeweb.ca/>and access this service found under “Tools - eCourses” |
| **Managing Anxiety in the Workplace** | LinkedIn Learning course with Dr. Srini Pillay, a Harvard-trained psychologist, which provides resources to help you manage your anxiety and be more effective and successful at work | Login using your staff email address and UTORid at [LinkedIn Learning Login Page](https://www.linkedin.com/learning-login/?upsellOrderOrigin=default_guest_learning&fromSignIn=true&trk=homepage-learning_nav-header-signin) |
| **Building Resilience** | LinkedIn Learning course with Tatiana Kolovou, faculty member at the Kelley School of Business at Indiana University to help build resilience for when the going gets tough | Login using your staff email address and UTORid at [LinkedIn Learning Login Page](https://www.linkedin.com/learning-login/?upsellOrderOrigin=default_guest_learning&fromSignIn=true&trk=homepage-learning_nav-header-signin) |
| **Wellness Together Canada** | An online portal that allows Canadians to access self-assessments, self-directed e-mental health tools, peer support and live counselling by telephone, video and text that is funded by Health Canada.  | Visit <https://ca.portal.gs/> to access free resources and tools.  |

**ANY ADDITIONAL CONCERNS?** If you have any additional questions or concerns in advance of returning to campus, please talk to your Manager. If you require further assistance, or to arrange, re-establish, or modify an accommodation plan, please e-mail HR at vic.hr@utoronto.ca.