



## Promotion and prevention of mental health - Population and telework

Tools	Description, pdf and internet links
<b>Mental Health Movement Quebec</b>	The Mouvement Santé Mentale Québec offers a well-stocked and creative toolbox for our mental health as well as tools dedicated to the workplace:  <a href="https://www.mouvementsmq.ca/">https://www.mouvementsmq.ca/</a>
<b>Take a step forward Wellness Canada</b>	<b>Free counselling, tools and support - French and English site</b> Mental health and substance use support, resources, and consultations with a mental health professional.  <a href="https://ca.portal.gs/?lang=fr-ca">https://ca.portal.gs/?lang=fr-ca</a>
<b>Center for Studies on Human Stress Programs, videos, stress information and more...</b>	Everything you want to know about stress... or almost!  How would you feel if you found out that one of your parents had Alzheimer's disease? That your daycare closes its doors without notice? How would you feel if tomorrow, when you get back to work, you are told that you have changed bosses? That you learn that one of your colleagues is talking behind your back and trying to destroy your reputation? To learn more see:  <a href="https://www.stresshumain.ca/">https://www.stresshumain.ca/</a> <a href="https://www.stresshumain.ca/le-stress/videos-cesh/">https://www.stresshumain.ca/le-stress/videos-cesh/</a> <a href="https://www.stresshumain.ca/covid-19-deconstruire-stress/">https://www.stresshumain.ca/covid-19-deconstruire-stress/</a>
<b>Live with resilience MindBeacon</b>	Addresses issues such as social isolation, supporting struggling family members and worries about financial insecurity.  <b>Free digital program - building resilience section</b>  <a href="https://www.mindbeacon.com/fr/construire-notre-resilience">https://www.mindbeacon.com/fr/construire-notre-resilience</a>
<b>Adopting meditation with Nicole Bordeleau</b>	<b>Virtual meditation community</b>  Meeting as a group virtually to meditate regularly is a precious treasure. To discover or rediscover the richness of meditation, you can join a virtual



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	<p>community. These sessions are accessible to everyone, regardless of your level of experience in meditation.</p> <p><a href="https://nicolebordeleau.com/">https://nicolebordeleau.com/</a></p>
<p><b>Henri Laborit Hospital Center</b></p>	<p><b>Relaxation - Meditation</b></p> <p>Breathing is the basis of relaxation. Try a series of videos offering basic ways to learn how to relax through breathing.</p> <p><a href="https://ch-laborit.fr/covid-19-ressources-audiovisuelles-accompagnement-psychologique-cecat/">https://ch-laborit.fr/covid-19-ressources-audiovisuelles-accompagnement-psychologique-cecat/</a></p>
<p><b>Better understand sleep to better manage it</b></p>	<p><b>Better understand sleep to better manage it</b></p> <p>Practical guide to sleep, from the MAIF Foundation, which addresses practical elements for better sleep management.</p> <p><a href="https://www.fondation-maif.fr/up/pj/GUIDE-SOMMEIL_web.pdf">https://www.fondation-maif.fr/up/pj/GUIDE-SOMMEIL_web.pdf</a></p>
<p><b>get better my way</b></p> <p>UQAM's Vitality Laboratory, the Revivre organization (Quebec Association for the Support of People Suffering from Anxiety, Depressive or Bipolar Disorders), and the Integrated University Health and Social Services Center of Est-de-l'Île- from Montreal</p>	<p>Getting Better My Way is a self-management support tool that brings together a variety of strategies, divided into five categories that correspond to the dimensions of recovery.</p> <p>For people who are experiencing difficulties related to depression, anxiety or bipolar disorder. Personalized tool to identify what you are doing to get better, and plan actions to take care of your mental health.</p> <p><a href="https://allermieux.criusmm.net/wp-content/uploads/2020/12/Brochure%20Aller%20mieux%20FR%20ACC-I%20F%20Site%20web.pdf">https://allermieux.criusmm.net/wp-content/uploads/2020/12/Brochure Aller mieux FR ACC-I F Site web.pdf</a></p>
<p><b>Well together with yourself</b></p> <p>The RBC Centre, the Psychology and Guidance Service,</p>	<p>Tools recognized to help preserve mental health in this particular context. Series of 16 capsules on topics related to mental health, living well during this particular period as well as best practices to combine research and confinement.</p>



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and the Research Skills Center of the Université de Sherbrooke	Download capsules online - Free. <a href="https://www.usherbrooke.ca/promo/udes/ressources-bien-etre/">https://www.usherbrooke.ca/promo/udes/ressources-bien-etre/</a>
<b>Covid-19 toolbox</b>	<p><b>We also protect our mental health</b>  <a href="https://cdn-contenu.quebec.ca/cdn-contenu/sante/documents/Problemes_de_sante/covid-19/Hebdo_DoublesPages_Enligne_20-667x12-5_FR.pdf?1585858353">https://cdn-contenu.quebec.ca/cdn-contenu/sante/documents/Problemes_de_sante/covid-19/Hebdo_DoublesPages_Enligne_20-667x12-5_FR.pdf?1585858353</a></p> <p><b>We also protect our mental health at home</b>  <a href="https://cdn-contenu.quebec.ca/cdn-contenu/sante/documents/Problemes_de_sante/covid-19/Hebdo_DoublesPages_Enligne_20-667x12-5_FR-2.pdf?1585941074">https://cdn-contenu.quebec.ca/cdn-contenu/sante/documents/Problemes_de_sante/covid-19/Hebdo_DoublesPages_Enligne_20-667x12-5_FR-2.pdf?1585941074</a></p> <p><b>We also protect the mental health of our young people</b>  <a href="https://cdn-contenu.quebec.ca/cdn-contenu/sante/documents/Problemes_de_sante/covid-19/Hebdo_DoublesPages_Enligne_20-667x12-5_FR-3.pdf?1586438894">https://cdn-contenu.quebec.ca/cdn-contenu/sante/documents/Problemes_de_sante/covid-19/Hebdo_DoublesPages_Enligne_20-667x12-5_FR-3.pdf?1586438894</a></p> <p><b>We also protect our health, organize telework</b>  <a href="https://publications.msss.gouv.qc.ca/msss/fichiers/2020/20-210-25W.pdf">https://publications.msss.gouv.qc.ca/msss/fichiers/2020/20-210-25W.pdf</a></p> <p><b>Coping with stress, anxiety and substance use during covid-19</b>  <a href="https://santemonteregie.qc.ca/sites/default/files/2020/09/ccsa-covid-19-coping-with-stress-anxiety-and-substance-use-infographic-2020-fr_1.pdf">https://santemonteregie.qc.ca/sites/default/files/2020/09/ccsa-covid-19-coping-with-stress-anxiety-and-substance-use-infographic-2020-fr_1.pdf</a></p>