

Hello SanMar Canada Family –

It's been several months now since COVID-19 was declared a pandemic by the World Health Organization (WHO), and we must recognize that fear, stress and anxiety continue to be on the rise as both individuals and families respond to the demands of the situation. These past few months have been stressful for everyone and it is normal to feel anxious and worried about the months ahead. We want you to know that you're not alone, and there are many resources available to help you, both mentally and physically, navigate through these challenging times.

The information included below is to act as a friendly reminder of the wonderful employee assistance programs and RWAM extended health benefits that are available to you as a plan member as well as provide you with some local support agencies/organizations, broken down by province. If you recognize that you, or a loved one is in need of some support, we hope you find this information helpful and encouraging – we are in this together.

Lifeworks

The Authentic T-Shirt Company/SanMar Canada is partnered with **Lifeworks** – an Employee Assistance Program aimed at providing employees with the resources, tools and support they need to get through challenging times such as this. When you reach out to Lifeworks, everything is 100% confidential. The representative will ask a few questions to see what service you're looking for or is recommended to you based on your needs. Services are available via telephone, video or in-person which is at your convenience. **During the COVID-19 pandemic, their services continue to be available primarily through telephonic, video and digital modalities.** There are also wellness programs which include free financial and legal consultations, homeopathic professionals and much, much more. See attached pamphlet for more info. Make sure to give them your SanMar Canada USER ID and Password specified on the attachment.

- <https://www.lifeworks.com/ca/solution/employee-assistance-program-eap/>

RWAM Extended Health Benefits

- Smoking Cessation Aids – **100%** (\$300 lifetime maximum)
- Physiotherapy – **100%** (\$500 per calendar year)
- Acupuncture – **100%** (\$500 per calendar year per practitioner)
- Naturopath – **100%** (\$500 per calendar year per practitioner)
- Osteopath – **100%** (\$500 per calendar year per practitioner)
- Chiroprapist – **100%** (\$500 per calendar year per practitioner)
- Psychologist/Psychotherapist/Social Worker – **100%** (\$500 per calendar year per practitioner)
- Eye Examinations – \$60
 - Adult: 1 every 24 months
 - Dependent Child age 17 & under: 1 every 12 months
- Corrective eye glasses/contacts – \$200
 - Adult: 1 every 24 months
 - Dependent Child age 17 & under: 1 every 12 months

Local Supports by Province

https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/mental-health.html?utm_source=getupdatesoncovid19-mental-health2&utm_medium=eml&utm_content=info-page&utm_campaign=covid-1920

British Columbia

<https://www.heretohelp.bc.ca/infosheet/covid-19-and-anxiety>

- Call the BC Mental Health Support Line at 310-6789 (no area code) at any time
- Visit www.anxietycanada.com for information and self-management strategies for anxiety
- Visit www.healthlinkbc.ca or call 8-1-1 any time of day for health information and resources
- **Kids Help Phone**: Children and youth 18 and under who need to talk to someone about their mental health can call Kids Help Phone at [1-800-668-6868](tel:1-800-668-6868), for 24/7 virtual, phone and text support.

Alberta

<https://alberta.cmha.ca/news/covid-19-outbreak-protecting-your-mental-health/>

- Call 211 (Alberta only) or the Mental Health Help Line at 1-877-303-22642
- Feeling stress, anxiety, and/or depression due to the COVID-19 crisis? Text COVID19HOPE to 393939
- <https://www.albertahealthservices.ca/amh/Page16759.aspx> – main page for all resources including employment loss, addiction, affordable housing etc.
- **Kids Help Phone**: Children and youth 18 and under who need to talk to someone about their mental health can call Kids Help Phone at [1-800-668-6868](tel:1-800-668-6868), for 24/7 virtual, phone and text support.

Manitoba

<https://mbwpg.cmha.ca/mental-health/finding-help/>

- Canadian Mental Health Association (Manitoba and Winnipeg): CMHA Winnipeg Phone Line – 204-982-6100
- Mental Health contacts - Frequently called numbers: <https://mbwpg.cmha.ca/phone-numbers/>
- Helpful links for all situations: <https://mbwpg.cmha.ca/links/>

Ontario

<https://www.camh.ca/en/health-info/mental-health-and-covid-19>

- **ConnexOntario**: Adults and frontline workers who are dealing with the realities of COVID-19 can call ConnexOntario at [1-866-531-2600](tel:1-866-531-2600) for mental health, addictions and problem gambling support.

- **BounceBack:** A free, evidence-based cognitive behavioural therapy (CBT) program that provides guided mental health self-help supports for adults and youth 15+ using workbooks, online videos and phone coaching. Call [1-866-345-0224](tel:1-866-345-0224).
- **Kids Help Phone:** Children and youth 18 and under who need to talk to someone about their mental health can call Kids Help Phone at [1-800-668-6868](tel:1-800-668-6868), for 24/7 virtual, phone and text support.
- **Good2Talk:** A phone and texting service that provides confidential support to post-secondary students. Call [1-866-925-5454](tel:1-866-925-5454).

Quebec

<https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/stress-anxiety-and-depression-associated-with-the-coronavirus-covid-19-disease/>

- Psychosocial telephone advice and referral : [Info-Social 811](https://www.quebec.ca/en/health/finding-a-resource/info-social-811/)
<https://www.quebec.ca/en/health/finding-a-resource/info-social-811/>
- <https://www.teljeunes.com/Home> Telephone: 1-800-263-2266
- <https://www.ligneparents.com/LigneParents> (French only)
- **Kids Help Phone:** Children and youth 18 and under who need to talk to someone about their mental health can call Kids Help Phone at [1-800-668-6868](tel:1-800-668-6868), for 24/7 virtual, phone and text support.

Nova Scotia

<https://novascotia.ca/dhw/mental-health/>

- Children and youth services: <https://novascotia.ca/dhw/mental-health/children-and-youth.asp>
- Adult mental health services: <https://mha.nshealth.ca/en>
- Call 811: gives access to non-emergency health information and services

These services are available via online, phone, or in person (depending on the province and jurisdiction) and will support children, youth and adults who:

- experience anxiety, stress and other mental health challenges; and/or
- can't access their regular in-person counselling supports.

If you have any questions, please don't hesitate to reach out to any of the HR Representatives, anytime – we're here for you!

Steve Rhodes, HR & Operations Manager – (604) 996-8945 or stever@sanmarcanada.com

Sylvette Rahn, HR Generalist – (778) 985-5453 or sylvettek@sanmarcanada.com

Danielle Christie, HR Generalist – (416) 262-8492 or daniellec@sanmarcanada.com

Keep well, stay safe & take care!