How Can I Help my Team?

Acknowledge and Listen
- Acknowledge that something happened.
- Review the facts without going into details.
- Listen and provide an opportunity for discussion.

Inform and Remind
- Help your team check-in with themselves about their mental health.
- Emphasize the importance of taking care of themselves.
- Remind them about using healthy coping strategies.
- Share available resources.

Respond and Follow-up
- Observe your team and follow-up with members in the upcoming hours, days, and weeks.
- Walk the talk by modeling healthy coping strategies and seeking help if needed.

When to use it?
- Following exposure to any potential stressor or workplace incident.
- Any time the stress level is high in the team after any immediate threat has passed.

To find out more
theworkingmind.ca/covid19-twm