

# How Can I Help my Team?



*“These are challenging times. Whatever you’re feeling is OK.”*

## Acknowledge and Listen

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

*“Here are some ways that can help keep us safe right now...”*

## 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.

*“How else can I support you?”*

## 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](https://theworkingmind.ca/covid19-twm)



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