

FRONTLINE WELLNESS

WHO IS IT FOR?

Frontline Wellness access and supports are available to anyone who works in a healthcare or social care setting in Ontario.

This includes healthcare volunteers, students on clinical placement, frontline healthcare workers and other healthcare workers not in direct patient contact. This includes anyone in any role -at all levels of employment in these settings.

It is available for anyone working in healthcare who may be feeling the impacts of stressors related to managing stress, anxiety, and depression on your own.

WHAT IS IT?

Frontline Wellness Program is a free, low-barrier, confidential program created by the Mental Health and Addiction Centre for Excellence, and is fully funded by Ontario Health.

SERVICE OFFERINGS:

1:1 BRIEF INTERVENTION

Confidential short-term (4-6 sessions) support for healthcare workers through rapid access to a trained mental health professional. They will connect with you and listen, help you develop some goals, provide coping skills coaching, and use some evidence-based cognitive behavioural therapy techniques to help you reduce symptoms of anxiety, stress, and depression. You can also receive help connecting to other resources or services if needed.

GROUP PROGRAMMING

This safe space has been created for multiple participants to discuss their experiences with a mental health professional in a safe and supportive setting. Group interactions allow participants to build relationships, receive feedback on how to meet goals and overcome challenges, and gain encouragement from others. These Group Offerings are intended to bring participants together to learn, connect, and build awareness of their common challenges to strengthen and maintain overall safety and well-being.

WELLBEING MINI WORKSHOPS

Promoting and protecting overall health and wellbeing is critically important. These workshops strive to enhance and encourage resilience and self-awareness by exploring wellness coping skills and strategies.



HOW TO CONNECT SELF-REFER



Complete a self-referral online

OR



Book an appointment



frontlinewellness@waypointcentre.ca



705.549.5144
1.877.341.4729 ext. 5000

It's okay to say - this is really hard. I need help.

NOW IS THE TIME TO TAKE CARE OF YOURSELF.