

# MENTAL HEALTH

Services to Assist You  
as an Employee or a Manager



## Services for Employees

### Peer Support Program (PSP)

The objective of the PSP is to support and empower employees coping with mental health issues through peer supporters who have had similar experiences. The peer supporters are co-workers across the department. They are there to listen, provide hope and to support you as you acknowledge the challenges you may be facing. If you need to talk, visit [service.prv/peer](https://service.prv/peer) to access a list of Peer Supporters. It's completely confidential!

### Office of Informal Conflict Management (OICM)

The OICM, through the support of a neutral practitioner, helps employees and managers to prevent, manage and resolve workplace conflicts. Whether you're looking for a consultation, individual / group coaching or training, do not hesitate to contact us. We will support you to further develop your conflict management skills. Our door is always open. [service.prv/eng/hr/oicm/index.shtml](https://service.prv/eng/hr/oicm/index.shtml)

### Employee Assistance Program (EAP)

The EAP is a free, voluntary and confidential service, to help managers, employees and their family members with concerns that affect their personal well-being or work performance. This is a short-term solution focus counseling service. [service.prv/eng/hr/eap/index.shtml](https://service.prv/eng/hr/eap/index.shtml)

### LifeSpeak

LifeSpeak is a health and wellness platform offered through Employee Assistance Services, which provides access to podcasts, action plans, "Ask the Expert" sessions on a variety of topics such as depression, nutrition, financial health and parenting. You will also be able to learn from leading mental health experts and discover strategies on how to manage your own mental health and talk to your loved ones about theirs. [service.prv/eng/hr/eap/index.shtml#lifespeak](https://service.prv/eng/hr/eap/index.shtml#lifespeak)

The M2M Network provides you with access to a bank of seasoned managers, known as Ambassadors, whom you can share ideas and personal experiences related to mental health in an informal, safe and confidential manner. There are no forms to fill out and you don't need any prior approvals. To reach out to an Ambassador of your choice, regardless of their geographical location, visit [service.prv/m2mBio](https://service.prv/m2mBio) and contact that person directly.

### Manager to Manager Network (M2M)

The Advisory Services provides soft skills, advice, and coaching advisory services to support managers, supervisors, and human resources representatives in dealing with psychosocial situations that are unusual or outside the realm of their regular duties (e.g. workplace crisis, etc.). [www.canada.ca/en/health-canada/services/environmental-workplace-health/occupational-health-safety/employee-assistance-services/employee-assistance-program.html#as](https://www.canada.ca/en/health-canada/services/environmental-workplace-health/occupational-health-safety/employee-assistance-services/employee-assistance-program.html#as)

### Advisory Services

The SOS is a cost-recovery service for managers and their teams to strengthen employee wellness and organizational health, offering customized solutions on workplace health and team effectiveness (services include: Stress and Anger Management, Career Development, Building Resilience, Balancing Work and Family, etc.). [service.prv/eng/hr/eap/topics/sos.shtml](https://service.prv/eng/hr/eap/topics/sos.shtml)

### Specialized Organizational Services (SOS)

## Services for Managers

Created by HRSB Internal Communications