

Psychological First Aid for Healthcare Workers

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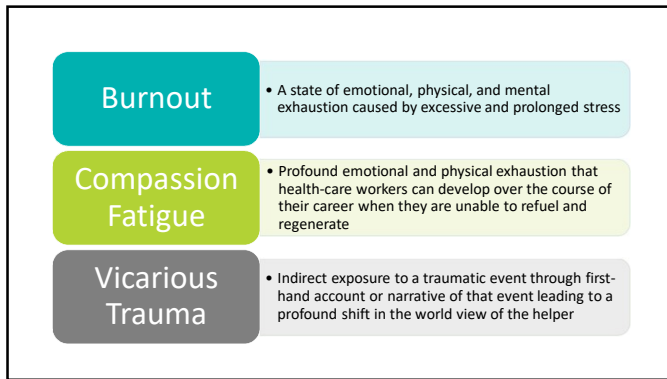
About the Presenter

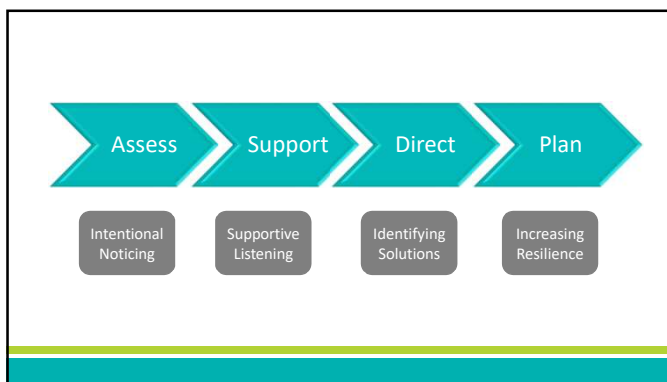
Rebecca Pister holds a PhD in Community Psychology from Wilfrid Laurier. She has conducted research for the John Howard Society of Waterloo Wellington and the Waterloo Region Suicide Prevention Council, is the Mental Health Promotion Developer for the Ontario Junior Hockey League, and is a mental health educator for the Canadian Mental Health Association.

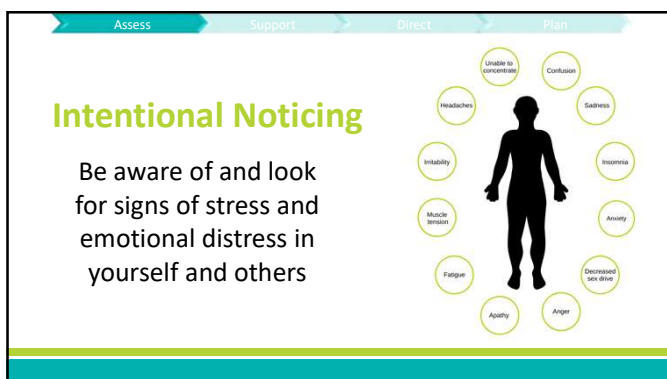


**47% of Canadian
health-care workers
reported needing
increased
psychological
support as a result
of the impact of
COVID-19**











Assess Support Direct Plan

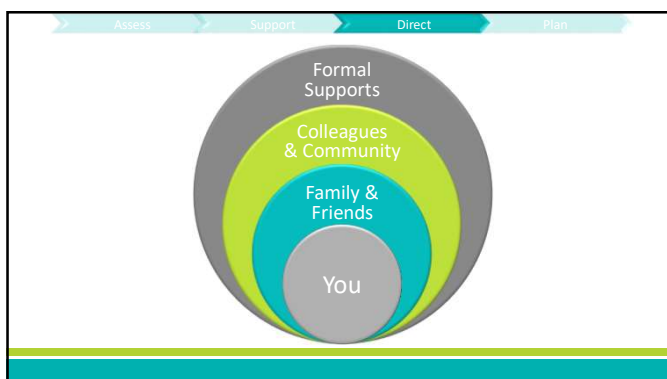


**Listening to understand,
not listening to respond**

Assess Support Direct Plan

- Give time to talk
- Be patient
- Listen actively
- Ask questions
- Don't rush, allow for silence
- Validate feelings and concerns





LET'S PROTECT OUR MENTAL HEALTH, TOO.

HERE4HEALTHCARE.CA
A RESOURCE FOR FRONT LINE WORKERS
• ACCESS TO PSYCHIATRY AND THERAPY • ONLINE RESOURCES

Kids Help Phone is here for workers on the frontlines of the Coronavirus pandemic.

Text FRONTLINE to 741741 to reach a Crisis Responder

FOR THE FRONTLINES

Feeling low? Stressed? Anxious?

BounceBack® can help!
A FREE self-help program designed to help adults and youth 15+ tackle depression and anxiety.

Telephone coaching with skill-building workbooks Available in multiple languages Online videos with practical tips

BounceBack®
reclaim your health
bouncebackontario.ca | 1-866-345-0224

Assess Support Direct Plan


Additional Resources

- EFAP
- Big White Wall
- Here4Health.ca
- Your local CMHA

Assess Support Direct Plan


Increasing Resilience

Self-care is a professional obligation for frontline workers in order for them to provide good quality care to others.




Assess Support Direct Plan

Slow down between tasks
Take pride in your work
Take breaks
Connect with coworkers
Remember the good
Transition



Assess Support Direct Plan


True self-care is not salt baths and chocolate cake, it is making the choice to build a life you don't need to regularly escape from.
Brianna West



Assess Support Direct Plan

Resources for Resilience

Apps	Online
10 Percent Happier	Hamilton Health Services
Breethe Meditation	COVID-19: Resilience
Insight Timer	Support Toolkit
	Here4Help
	CMHA Webinars



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