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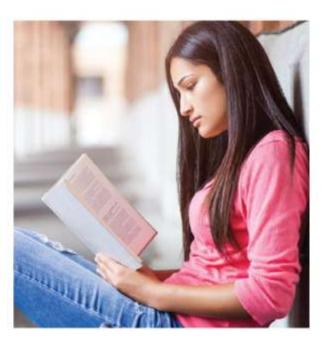
Free Call-In Counselling: 289-291-5396

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## · Bounce Back® reclaim your health

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## **Helpful Apps**

- Calm
- Insight Timer
- Down Dog
- Headspace
- Mindshift
- Stop. Breathe Think.
- · Breethe meditation
- Gratitude Journal 365
- 10% Happier





- camh.net
- · mentalhealthhelpline.ca
- wrspc.ca
- · mentalhealthcommission.ca
- 211Ontario.ca
- · ccohs.ca



FREE online resource to help employers - large or small, in the public or private sector assess, protect and promote psychological health and safety in their workplaces.

Provides 8 steps, with corresponding action items for employers to follow.

www.guardingmindsatwork.ca