Take a minute to check-in with yourself. Ask “how am I doing?”. Your mental health is important every day!

When you need help:

Seeking support in a timely manner is vital and can help you get back on track!

Start here:

• WellBeing and WorkLife (403.220.6956, ucalgary.ca/wellbeing)
  • Staff Wellness (403.220.2918, ucalgary.ca/staffwellness)
• Homewood Health (1.800.663.1142, homeweb.ca)
Did you know that 1 in 5 Canadians experience a mental health challenge or illness each year. - *Mental Health Commission of Canada*

**If you need help:**
Seeking **support** in a **timely manner** is important and can **help you** get back on track!

**Start here:**
Talk to your leader, HR Services or union representative
Homewood Health (homeweb.ca)
Staff Wellness (ucalgary.ca/staffwellness)
WellBeing and WorkLife (ucalgary.ca/wellbeing)
Did you know that 1 in 5 Canadians experience a mental health challenge or illness each year. - Mental Health Commission of Canada

Learn more:
How to create a supportive work environment and to maintain your own mental health and wellbeing!

Start here:

The Working Mind (ucalgary.ca/wellbeing/mental-health/the-working-mind)
Mindfulness (ucalgary.ca/wellbeing/mindfulnessness)
Building Personal Resilience (ucalgary.ca/wellbeing/resilience)
Did you know that 51% of Canadians experience high job stress.
- Homewood Health

Access support:

Seeking resources in a timely manner is important to help manage stress and balance demands in your work and personal life!

Start Here:

Talk to your leader, HR Services or union representative
Homewood Health (homeweb.ca)
WellBeing and WorkLife (ucalgary.ca/wellbeing)
Workplace Mental Health Minute – Be Social!

On average, Albertans spend approximately 60% of their waking hours working. - Statistics Canada, 2012

**Social connection** is an important of our overall **wellbeing**!

**What else can I do to create social connection?**

**Start here:**

Visit the University of Calgary events page  
Take a class through Active Living  
Get involved in your campus community  
Join the Wellness Advocate Program  
Learn more about your colleagues
Workplace Mental Health Minute – Get Active!

Physical activity is important for positive mental health and is a factor in building resilience. - *The Working Mind*

**Mental health** is just as important as **physical health**!

**What else can I do to increase physical activity?**

**Start here:**

- Take a class through Active Living
- Lead a walking meeting
- Go for a noon hour walk with your colleagues
- Join a walking or running group