Resources for Workplace Wellness

McGill Resources

- [Health & Well-Being Program resources for Staff & Faculty](#)
- McGill [Employee and Family Assistance Program (EFAP)](#)
- McGill [Guidelines on Accommodations for Employees with Disabilities](#)
- Human Resources: [Organizational Development – Workshops](#) (Dealing with Conflict, Emotional Intelligence, etc...)
- Policies and Reporting on [harassment, discrimination and sexual violence](#)
- McGill [Employment Equity](#)
- [Accessibility at McGill](#)
- Equity at McGill: [Disability and Accessibility Resources](#)
- The Schulich Library of Physical Sciences, Life Sciences, and Engineering has a collection of consumer health books separate from its main collection. This collection is called the [Wendy Patrick Health Information Collection](#), and all McGill staff can borrow books using their McGill ID card
- Joint Board Senate Committee on Equity, Subcommittee on [Family Care website](#)
- Microsoft’s [Built-In Accessibility Tools and How to Use Them](#)
  - See particularly the Learning Tools and Focus Assist functions!
- [Responding to disclosures of disability, mental health and chronic illness](#)

“À-la-Carte” Personal Resources

- Canadian Mental Health Association, [BounceBack Program](#)
- Canadian Mental Health Association, [Mental fitness tips](#)
- Conference Board of Canada, Podcast: [Carrying On](#)
- Dr. Onye Nnorom, Podcast: [Race, Health & Happiness](#)
- Government of Canada (retrieved 2021) [Mental health and wellness for all ages](#)
- Blog: [Pocket Mindfulness](#)
  - Handling email anxiety
  - The beginners pathway to successful meditation
- Anxiety Canada (retrieved 2021) [Mindfulness exercises](#)
- Mayo Clinic (retrieved 2021) [Mindfulness exercises](#)

Wellness at Work - Resources for Managers and Staff

- [Canadian Center for Occupational Health and Safety: Health and Wellness – Mental Health](#)
- [Canada Mental Health Association (2017). Mental Health in the Workplace: An Accommodation guide for managers and staff](#)
- Government of Canada (retrieved 2021). [Mental health in the workplace](#)
• Institute for Work and Health (2018) Evidence informed guide to supporting people with depression in the workplace
• Preston-Watson, Crystal (2021). Video: Don’t Email me, I’m Scared: Anxiety in the Workplace
• Job Accessibility Network (2020). Workplace Accommodation Toolkit
• Workplace Strategies for Mental Health – Healthy break activities
• Mental Health Commission of Canada: Prioritize Your Mental Wellness While Working from Home