



EAP Resources for Times of Uncertainty

These resources have been compiled by EAP (the Employee Assistance Program for Prince Edward Island Government employees). This list will continue to be updated.

If you require assistance, please contact us at:

- 902-368-5738;
- 1-800-239-3826 (toll-free); or
- email eap@gov.pe.ca

EAP services will continue to be available during this Covid-19 outbreak. We are offering telephone counseling at this time as well as providing resources.



Anxiety Canada

<https://www.heretohelp.bc.ca/infosheet/covid-19-and-anxiety>

Tara Brach

<https://www.tarabrach.com/guided-meditations/>

Canada Life: Mental Health Apps

<https://www.workplacestrategiesformentalhealth.com/employee-resources/mental-health-apps>

Canadian Mental Health Association

<https://cmha.ca/news/6-tips-to-respond-to-employee-anxiety-about-covid-19>

<https://cmha.ca/news/covid-19-and-mental-health>

Canadian Pediatric Association

<https://caringforkids.cps.ca>

Child Mind Organization (US)

<https://childmind.org/coping-during-covid-19-resources-for-parents>

Dalhousie University

<https://www.mysleepwell.ca>

Dan Harris, Dr. Luana Marques, and Jay Michaelson

<https://www.tenpercent.com/coronavirussanityguide>

Harvard Medical School

<https://www.helpguide.org/articles/stress/quick-stress-relief.htm>

Health PEI

<https://www.princeedwardisland.ca/en/topic/resources-0>

Health PEI Mental Health Call-In Clinics (Montague, Charlottetown, Summerside, O'Leary)

<https://www.princeedwardisland.ca/en/information/health-pei/mental-health-call-in-clinics>

MindBeacon Canada: Worried about Covid-19?

<https://www.mindbeacon.com>

Dr. Kristin Neuff

www.self-compassion.org

Island Helpline 1-800-218-2885

Kids Helpline 1-800-668-6868

