



# SAFETY TALK

## EAP & MINDBEACON

**Did you know? All Health PEI employees have free, confidential access to the Employee Assistance Program (EAP) and MindBeacon supports.**



- Emotional Health and Wellness
- Relationship Difficulties
- Bereavement, Grief and Loss
- Anxiety, Stress and Depression
- Work Related Stress
- Family/Parenting/Eldercare Issues
- Alcohol and Substance Abuse
- Work/Life Balance
- Life Transitions

Get support today by clicking [HERE](#)



- 1:1 highly personalized treatment
- All treatment is provide by mental health professionals regulated in PEI
- Unlimited messaging in the MindBeacon platform
- Assessment and monitoring to measure clinical impact
- Up to 12 weeks of treatment
- No scheduled appointments required
- Completely Confidential

Get support today by clicking [HERE](#)

*Safety is everyone's responsibility!*

DATE: \_\_\_\_\_  
FACILITY: \_\_\_\_\_

SAFETY TALK LEAD BY: \_\_\_\_\_  
DEPARTMENT: \_\_\_\_\_

**DISCUSSION QUESTIONS:**

WERE YOU AWARE OF THESE SUPPORTS THAT ARE AVAILABLE?  
WHERE CAN YOU ACCESS MORE INFORMATION ON THESE SUPPORTS?  
DO I HAVE TO PAY FOR THESE SUPPORTS?

EMPLOYEE CONCERNS & IDEAS FOR IMPROVEMENT:

EMPLOYEES PRESENT:

FOLLOW UP ON CONCERNS:

If you have any feedback on the Safety Talks program or a suggestion for a Safety Talk, please contact a member of the Wellness & Safety Team or email [healthpeihr@ihis.org](mailto:healthpeihr@ihis.org).

Safety Talks can be found on the Staff Resource Centre at: <https://src.healthpei.ca/safety-talks>