

# Staff Self-care

Resources -Tool -Skill	Source	Purpose/reason someone would access	How to access	Cost
Employee Health (formerly Occupational Health)	Public Site: <a href="#">Employee Health</a> (Organizational Health Department)	To provide education and wellness programs to support employees and create a safe and healthy work environment, such as: attendance support; employee assistance, ergonomic assessments.	VG Site: (902) 473-7761 (902) 473-7758 HI Site: (902) 473-4010 (Mon & Tues) (902) 473-5647 (Mon to Fri) All Other Sites: (902) 465-8455	CDHA resource-none
Safety Programs and Injury Prevention (formerly Wellness and Safety)	<a href="#">Safety &amp; Injury Prevention</a> (Organizational Health Department)	Provide programs to raise awareness about workplace hazards, risk assessment and injury prevention.	(902) 473-2313	CDHA resource-none
Mindfulness Network	Capital Health	A group of employees at CH who are interested in mindfulness as a way of being, for use in clinical settings, for leadership, etc.	<a href="mailto:mindfulnessnetwork@cdha.nshealth.ca">mindfulnessnetwork@cdha.nshealth.ca</a>	CDHA resource-none
Meditation/Mindfulness short video	Capital Health Web Site	Use during times when you are stressed and unable to focus.	<a href="#">Learn About Mindfulness</a>	CDHA resource-none
Sacred Spaces	<a href="#">Spiritual Care</a>	Sacred spaces are available for staff to use for prayer and meditation, or as simply a quiet place to think and reflect. These spaces are open 24 hours a day and accessible to all.	<a href="#">Sacred Spaces</a>	CDHA resource-none
<a href="#">Your Way To Wellness</a>	<a href="#">Primary Health Care</a>	Six week program that helps those with chronic conditions overcome some of the daily challenges that they face. Accessed in community.	Tel: (902) 473-7709 <a href="mailto:yw2w@cdha.nshealth.ca">yw2w@cdha.nshealth.ca</a>	CDHA resource-none

<a href="#">prideHealth</a>	<a href="#">Primary Health Care</a>	Provides safe and accessible primary health care services to people from our communities who are gay, lesbian, bisexual, transgender, intersex and queer. (GLBTIQ)	To consult on issues related to sexual orientation or gender identity – contact Tel: (902) 473-1433 <a href="mailto:cybelle.rieber@cdha.nshealth.ca">cybelle.rieber@cdha.nshealth.ca</a>	CDHA/IWK resource-none
<a href="#">Community Health Teams</a>	<a href="#">Primary Health Care</a>	Wellness Programming and Navigation	Daytime, evening and weekend sessions are currently available for people who live, work, or have a family doctor in <b>Dartmouth</b> or the <b>Halifax Mainland communities</b> (North - Fairview, Clayton Park, and Rockingham to Larry Uteck Blvd or South - Armdale, Herring Cove, Purcell's Cove, Spryfield and the Sambro Loop)	Dartmouth: (902) 460-4555 Chebucto: (902) 487-0690
Health Promotion (Active Living, Healthy Eating, etc)	Wellness and Respectful Workplace (formerly Healthy Workplace)		<a href="#">Wellness and Respectful Workplace</a> (formerly Healthy Workplace)	Fees vary for gyms (List can be found in the intranet: <a href="#">internal</a> and <a href="#">external</a> )
<a href="#">Our Healthy Minds</a>	CH Mental Health Program	Strategies - <a href="#">Self-Assessment exercises</a>	<a href="#">Our Healthy Minds</a>	CDHA-none
<a href="#">Health Sciences Library</a>	CDHA	A clinical and research resource integrated with CDHA's academic health sciences network. Includes a collection of online and reference materials for the health care professionals	<a href="#">Health Sciences Library</a>	CDHA resource-none
LMS - Learning Management System	CDHA	Provides CDHA employees with online access to register for Classroom Training and eLearning Courses.	Information can be found on the <a href="#">intranet</a> . Online <a href="#">LMS courses</a> can be accessed outside of the CH	CDHA resource-none