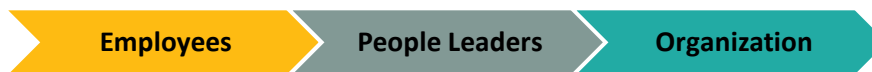




# Mental Health is how we THINK, FEEL, and ACT. *Canada Resource Guide*



I'm Thriving	I'm Not OK	I Have a Mental Health Diagnosis
<ul style="list-style-type: none"> <li>Follow the Health &amp; Wellbeing Channel (#26) on <a href="#">Dow Connect</a></li> <li>Join an Employee Resource Group (Dow Intranet, <a href="#">Keyword: ERG</a>)</li> <li><a href="#">Apply 90/10</a> to maintain energy and wellbeing</li> <li>Use the <a href="#">Weekly Wellbeing Tips</a> from the Dow Homepage for new ideas</li> <li>Explore available wellness programs</li> <li>Explore local opportunities to <a href="#">volunteer and serve in your community</a></li> </ul>	<ul style="list-style-type: none"> <li>Talk to your Leader/Supervisor</li> <li>Call EAP for 1:1 Coaching and Counseling: <b>1-844-880-9142</b></li> <li>Connect with a Health Care Provider at your local <a href="#">Occupational Health Clinic</a></li> <li>Contact your Primary Care Provider</li> <li>Explore <a href="#">Self-Help Resources</a> to assess your Mental Health and engage with online resources</li> <li>Canada <a href="#">Crisis Support</a> Resources</li> </ul>	<ul style="list-style-type: none"> <li>Connect with a Health Care Provider at your local <a href="#">Occupational Health Clinic</a></li> <li>Contact your Primary Care Provider</li> <li>Call EAP for 1:1 Coaching and Counseling: <b>1-844-880-9142</b></li> <li>Learn about support available through your Medical Benefits</li> <li>Talk to your Leader/Supervisor</li> <li><a href="#">Join DEN</a> for ongoing peer support, connection, and resources</li> </ul>
When Employees are Thriving	When Employees are Not OK	When Employees Have a Mental Health Diagnosis
<ul style="list-style-type: none"> <li>Encourage engaging team in <a href="#">company-supported opportunities to give and volunteer</a></li> <li>Actively encourage and model commitment to <a href="#">90/10</a> work culture</li> <li>Incorporate Wellbeing Moments into regular team meetings – Use the <a href="#">Weekly Wellbeing Tips</a> and/or highlights from the Health &amp; Wellbeing Channel on Dow Connect (#26)</li> </ul>	<ul style="list-style-type: none"> <li>Connect Employee to EAP for 1:1 Coaching and Counseling <b>1-844-880-9142</b></li> <li>Encourage Employee to connect with Primary Care Provider</li> <li>Connect Employee with a Health Care Provider at local <a href="#">Occupational Health Clinic</a></li> <li>Connect Employee with support through <a href="#">Lifeworks</a></li> <li>Utilize Manager Area on <a href="#">Lifeworks</a></li> <li>Offer Team Training               <ul style="list-style-type: none"> <li><a href="#">How are You REALLY Doing?</a></li> <li><a href="#">Psychological Safety</a></li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Connect Employee with a Health Care Provider at local <a href="#">Occupational Health Clinic</a></li> <li>Encourage Employee to connect with Primary Care Provider</li> <li>Encourage Employee to learn about Medical Benefits</li> <li>Encourage Employee to get involved with local <a href="#">DEN ERG</a> for company and peer support</li> <li>Understand Dow's policies on <a href="#">paid medical leave</a></li> <li>Seek Leadership support and resources through <a href="#">Lifeworks</a></li> </ul>
For Teams that are Thriving	For Teams that are Struggling	For Teams seeking Mental Health Support
<p>We provide ongoing opportunities to connect, share, and support others</p> <ul style="list-style-type: none"> <li>Join and participate in <a href="#">Employee Resource Groups</a></li> <li>Follow the Health &amp; Wellbeing Channel (#26) on <a href="#">Dow Connect</a></li> </ul>	<p>We provide ongoing company support resources, and team and individual trainings</p> <ul style="list-style-type: none"> <li><a href="#">Occupational Health Clinics</a> and Health Care Professionals</li> <li><a href="#">Psychological Safety</a> training</li> <li><a href="#">How are You REALLY Doing?</a> Training</li> <li>Resources available through <a href="#">Lifeworks</a></li> <li><a href="#">Canadian Mental Health Association</a></li> </ul>	<p>We provide workplace policies, guidance, and Employee Resource Groups for employees with physical and mental disparities, and support necessary paid time off through medical benefit partner offerings.</p> <ul style="list-style-type: none"> <li><a href="#">Disabled Employee Network (DEN)</a></li> <li><a href="#">Occupational Health Clinics</a> and Health Care Professionals</li> <li>Dow Policies for <a href="#">paid medical leave</a></li> </ul>