

Department of Education and Early Childhood Development

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Date: March 19, 2020
To: Part II Schools and School Districts
From: Mr. George Daley, Deputy Minister
Copies: Mr. Craig Caldwell, Assistant Deputy Minister
Subject: Bulletin #3: Mental Health (COVID-19)

Feeling stressed or anxious about the rapid changes and uncertainties surrounding COVID-19 is normal. Supporting your mental health in these circumstances is important.

Many resources are available through GNB's [Mental Health Toolkit](#) including those available through [Workplace Strategies for Mental Health](#), such as the [Plan for Resilience](#).

Support is also available 24/7 through GNB's EFAP by calling inConfidence toll-free at 1-866-721-1738.

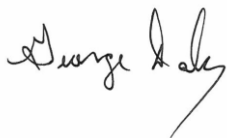
Take a moment to look through the [inConfidence online resources](#) such as [Protecting Your Well-being During the COVID-19 Outbreak](#) (Username: gnb Password: inconfidence).

As your employer, we value your health and well-being. We will send more information to help you support your mental health over the course of the week.

We are monitoring the COVID-19 situation closely and will continue communicating any significant developments.

Stay informed by checking GNB's coronavirus [website](#) regularly for up to date information.

Other bulletins affecting all of GNB, as well as additional information can be found [here](#).



George Daley
Deputy Minister