

Topic: All Resources used in CamHelp Articles

In response to the COVID outbreak, Camosun College launched CamHelp series of articles that support your mental well-being with helpful suggestions and resources across a range of topics:

Issue 01 [Building Your Resilience](#)

Issue 02 [Care for Others](#)

Issue 03 [Keep Moving](#)

Issue 04 [Stay Connected](#)

Issue 05 [Care for Personal Finances](#)

Issue 06 [Manage Information Overload](#)

Issue 07 [Nurture Your Spirit](#)

Issue 08 [Eat Well](#)

Issue 09 [Working Through Loss](#)

This document gathers together the resources provided in each article so that they can be easily located and used. You are encouraged to bookmark this document for yourself and to share it widely with others. The information is primarily intended for Camosun College employees, but it also includes links to resources available to the general public.

Essential Resources for Camosun Employees

[Seeking Medical Care in a Virtual Environment](#)

[C3: Camosun Community Connects](#)

[Healthy Together Resilience Support](#)

Emergency Contact Information

the Vancouver Island Crisis Line 1-888-494-3888 OR

the Vancouver Island Crisis Line provides 24/7 support, crisis intervention, information, and resources to Island residents

the KUUUS Crisis Response Service at 1-800-588-8717 OR

the KUU-US Crisis Response Service provides 24/7 culturally-aware crisis support to Indigenous people in B.C.

in the event of an emergency call 911.

Homewood Health

Homewood Health, and Family Assistance Provider available 24/7 to help employees and their eligible dependents throughout the COVID pandemic by offering resources, learning options, and confidential counselling services that support your well-being.

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Homewood Health has developed toolkits to assist employees and workplace leaders through the COVID pandemic:

[Toolkit for Employees](#)

[Toolkit for Workplace Leaders](#)

Professional Counselling confidential and professional counselling is available for employees and their eligible dependents. Contact Homewood by phone to arrange to speak with a counsellor. Phone lines are open 24/7 and all calls are confidential.

- o Toll free: 1800-663-1142
- o TTY: 4888-384-1152

[i-Volve](#) a bilingual webbased program to help identify, challenge and overcome anxious thoughts, behaviors, and emotions

[Lifesmart Coaching Services](#) professional one-on-one coaching service that helps you build and achieve healthy lifestyle goals in many different aspects of your life from family care to financial and physical wellbeing.

e-Learning courses self-directed courses to help you build life skills and improve personal and workplace well-being.

[Homeweb](#)

Volve. For instructions on how to login, [this article](#)

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Article: [Take a Stretch Break](#) (Homewood Health)

Website: [Stretching at the Workstation](#) (Canadian Centre for Occupational Health & Safety)

Article: [Laptop Ergonomics](#) (University of Waterloo)

Article: [How to Make your Computer Workstation Fit You](#) (WorkSafe BC)

Website: _____ for keeping safe while working out

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Article: [Turning your Home into a Gym](#) (list of easy ways to exercise at home) (Manulife)

Article: [Gym on a Shoestring](#) (simple steps for an effective workout at home) (Homewood Health)

Article: [Best Home Workout Moves](#) (tips for working out at home) (Homewood Health)

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Cardio

Website: [Cardio Exercises at Home](#) (19 moves for all fitness levels)

Website: [Keep Dancing with Ailey](#) (Online classes and live classes on Instagram and YouTube)

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Online Community [Camosun Community Connections](#) (
Learning [Virtual Course Calendar](#)

Article:[10 simple money management tips](#)

Website: [Healthy Finances Information Hub](#) learn about financial preparedness, managing finances, preparing for retirement, and budgeting and planning for the future

Website: [Changing Jobs](#) learn about to manage personal finances when transitioning through a major life event and job transition

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[COVID19 main information](#)

[COVID19 FAQs](#)

[Employee Resources](#)

[Student Services](#)

Sometimes people struggle with loss and grief related challenges that require professional support. Homewood Health provides a variety of resources and supports to employees and their families on this subject, including:

Professional counsellors can be accessed by calling Homewood 24/7 and arranging to speak with a counsellor. All calls are confidential.

- o Toll free: 1800-663-1142
- o TTY: 4888-384-1152

Service: [Lifesmart Grief and Loss Coaching](#) a coaching program that provides one-on-one support to help you cope with grief and loss

Article: [Coping with Loss](#)

Article: [Lifelines Surviving Grief](#)

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To help get you started on keeping a journal, consider the following resources:

Article: [Suggestions on how to write to ease grief](#) (Harvard Health)

Tool: [Feelings Wheel](#) a printable resource that can help you describe what you are feeling (Canadian Mental Health Association)

Article: [Seeking medical care in a virtual environment](#)

Learning: Coping with Change workshops check CamNews for upcoming workshops facilitated by Organization and People Development.