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Mental Health in Office: Real Talk, Real Tools

November 2025



Resources to Support Your Mental Well-being

Employee & Family Assistance Program

Clinical Counseling and Lifestyle Services

Immediate, confidential assistance available 24/7 for you and your family members

Call: 1 844 880 9142



Mental Health Toolbox

For a list of supports to help you wherever you are on your mental health journey, from healthy to ill, visit the Mental Health Toolbox:

mentalhealth.ca.gobenefits.net/nsfm/



The Mental Health Toolbox

- Take this self assessment to help you determine where you are on the mental health continuum
- Find resources that aligns with your current mental state
- Released in partnership between NSFM, AMANS and the Municipal Wellness Program



Mental Health Resources

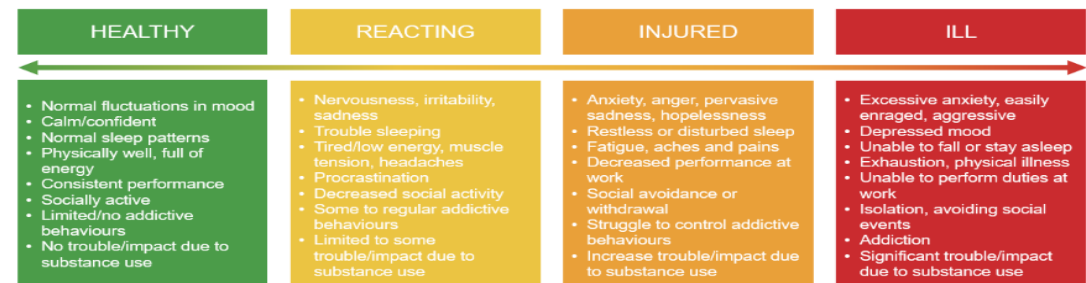
If you are in a crisis or need immediate support:

Employee Assistance Program (EAP) Provider Helpline open 24/7: 1844.880.9142	Mental Health and Addictions Helpline open 24/7: 1888.429.8167 Click here for more information	Hope for Wellness Indigenous Helpline Helpline open 24/7: 1855.242.3310 Click here to chat online	Suicide Crisis Helpline Helpline open 24/7: 9-8-8 Click here for more information
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If you or someone you know is at risk for/of suicide or harming oneself or others, call 911

Where are you on the mental health continuum?

It is normal for our mental health to fluctuate. On any given day, our mental health is affected by personal experiences, our environment and how equipped we are to manage stressors. We all experience different symptoms that can impact our mental health and overall wellness. The mental health continuum is a tool you can use to assess your mental health by monitoring your thoughts and behaviours. Take the self-assessment below and keep scrolling to view the mental health resources in each section to learn about available supports to help you improve your mental health.



Take the Self Assessment

Determine where you are on the mental health continuum by taking this [self assessment](#).

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Key Take Aways

Your Wellness Is Foundational to Effective Leadership

- In high-pressure roles, personal mental health directly impacts decision-making, communication, and crisis management. Prioritizing your own well-being ensures you can lead with clarity, empathy, and resilience—especially when navigating complex and emotionally charged issues.

You Can't Pour from an Empty Cup

- Serving others begins with taking care of yourself. Chronic stress and burnout diminish your ability to support your team, constituents, and community. Investing in your mental health helps sustain your energy, focus, and passion for public service over the long term.

Modeling Mental Wellness Sets a Powerful Example

- When leaders openly prioritize their mental health, they help destigmatize it for others. By modeling healthy boundaries, seeking support, and practicing self-care, you create a culture where wellness is valued—encouraging others in your organization and community to do the same.

Thank you

