

**This message has been approved by Tanya Rowell, CEO of the Public Service Commission**

- Please convey this message to any employees who do not have computer access -

Mental Illness Awareness Week, October 3 to 9, is an annual national public education campaign by the Canadian Alliance on Mental Illness and Mental Health, designed to raise awareness of the reality of mental illness. This year's theme is *There is no health without mental health*.

The pandemic has significantly impacted each and every one of us since its inception in March, 2020, and it is important that the entire provincial civil service knows that the increased effort and commitment to ensuring the safe delivery of services is appreciated and does not go unnoticed. The Province has many [supports and services](#) available, and all employees are encouraged to utilize these resources when needed. As we continue to navigate through the pandemic, and beyond, it is important we all continue to educate, and relay the important message that no one is alone when it comes to addressing mental health.

**- Mental Health Services**

Information on Health PEI mental health and addictions services and a variety of community resources can be found at: [Health PEI Mental Health Services](#).

**- Want to Enhance Your Learning in this Area?**

Check out these FREE courses on Mental Health and Wellbeing at <https://psc.gpei.ca/pathways-for-learning-course-selection>:

- [Mental Health First Aid](#)
- [Mental Health and Wellness for Employee Engagement](#)
- [Stress and You](#)

**- Employee Assistance Program (EAP)**

Your **Employee Assistance Program** is available for confidential counselling, support and assistance. EAP is here to help you and can be reached at (902) 368-5738, toll-free at 1-800-239-3826, or via e-mail at [eap@gov.pe.ca](mailto:eap@gov.pe.ca). For more information, please check out <https://psc.gpei.ca/employee-assistance-program> and [EAP Program - YouTube](#).

**Am I eligible to apply for EAP? The EAP program is available to:**

- All probationary and permanent employees;
- Casual and contract employees, as well as all other employees with six months continuous service and their immediate family members who live with them are also eligible, depending on their age;
- Retirees within all provincial government departments, agencies and commissions, and the regional education and health boards.

**EAP offers assistance in the following areas:**

- Emotional Health and Wellness
- Relationship Difficulties
- Bereavement, Grief and Loss
- Anxiety, Stress and Depression
- Work Related Stress
- Family/Parenting/Eldercare Issues
- Alcohol and Substance Abuse
- Work/Life Balance
- Legal and Financial Stress
- Life Transitions

**EAP Offers:**

Advice, support, solutions, tools, resources, and expertise

**Is there a fee to apply for EAP?**

There is no cost to you or your immediate family members.

If you have any questions or are struggling, please don't hesitate to reach out to EAP, your Manager or HR Manager.

Thank you and a very Happy Thanksgiving to you and your family,

*Tanya*