

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

-Please post this message for employees who do not have computer access-

Hello everyone,

Hurricane Fiona significantly impacted our province and it is appreciated that this has taken a toll on our mental, physical and emotional health. The past couple of weeks have been stressful with much uncertainty. Many may be feeling fatigued and overwhelmed as restoration efforts continue. This is a very challenging time and you are not alone. Help is available.

Attached is a list of community mental health and addictions support resources (also found at: [https://www.princeedwardisland.ca/sites/default/files/publications/mental\\_health\\_addictions\\_handout\\_fiona.pdf](https://www.princeedwardisland.ca/sites/default/files/publications/mental_health_addictions_handout_fiona.pdf)).

There are also resources available at the [You Matter](#) website to support your mental health and well-being and information on how to access further assistance.

Please take the time for you and your mental health and well-being:

- [Make time for you](#)
- [Check in with yourself- How are you, REALLY?](#)
- [Help is available](#)
- [Be there for each other](#)
- [Learn more at https://youmatter.princeedwardisland.ca/](https://youmatter.princeedwardisland.ca/)

Your [Employee Assistance Program](#) (EAP) is available to you and/or your immediate family members for confidential and professional counseling and resources at (902) 368-5738, (toll-free) 1-800-239-3826, or [eap@gov.pe.ca](mailto:eap@gov.pe.ca). For more information, please see: <https://psc.gpei.ca/employee-assistance-program>.

Thank you for all that you are doing, we will get through this, together.

*Tanya*