



Notice to Members re: COVID-19 Wellness and Mental Health Resources

May 1, 2020

We wish to thank all members of the NLTA for your dedication to your students and education during this unusual and unprecedented time as we all adjust to the new realities of COVID-19. Thanks so much for staying apart and working together to help our province stay safe. We so appreciate each and every one of you.

The NLTA and EAP for Teachers have been working together to provide resources for you and your families during the COVID-19 public health emergency. The link below will take you directly to the EAP webpage where you will find a variety of available resources that are free for your use. Some are staged care platforms that provide a type of e-counselling that directly addresses COVID-19 and associated issues such as stress, anxiety and panic attacks, among other things. You will also find articles, Guided Imagery and Mindfulness sessions, all for your use. We hope these resources will help ease some of the struggles and challenges that COVID-19 may be bringing into your life and/or the lives of your loved ones.

Remember that we are here for you. If you have any counselling or mental health questions or needs, our EAP Coordinators are available to assist you and provide confidential support. Please contact Gail Carroll at (709) 733-3242, gmcarroll@nlta.nl.ca or Kenda Riggs at (709) 733-3265, kriggs@nlta.nl.ca.

If you need to address any other work-related questions, you can reach an NLTA Administrative Officer in Programs & Services via mail@nlta.nl.ca.

Remember to stay safe and continue to practice physical distancing and safe handwashing techniques, until we meet again!

[Click here for COVID-19 Wellness and Mental Health Resources](#)