



Prioritize your physical and mental health

Having information you can trust is key to taking control of your health and well-being. We know that stressful times can trigger anxiety and mental health concerns — we want you to know, we are here to support you.

Managing our stress is very important to our personal and professional lives. Canadian Blood Services has some excellent employee resources to support all aspects of your health.



Employee wellness portal

The employee wellness portal is your one-stop-shop for information about staying healthy and supporting mental health. Our goal is to support employees by promoting preventative measures and informing you of the tools available to support your physical and mental well-being. With so much information available to us, the importance of access to trusted, reliable and pre-vetted resources is key.



Employee Assistance Program

The EAP offers employees free, confidential mental health support with licensed professionals. When you log into EAP you can reach a “guidance consultant” by phone, online chat or email to talk through your urgent issues and connect with a provider in your area for follow-up care. Employees have access to six one-hour sessions per year — meaning that you can access a local mental health care provider without the financial burden.

How to access:

Phone: 1.855.454.2327

Online: guidanceresources.com (web ID CBSEAP)

App: GuidanceResources® Now



Lifespeak

Lifespeak is an online health and wellness platform that can be accessed 24/7 through your desktop, mobile phone or app on Apple or Google Play. The platform has thousands of videos, articles and podcasts on wellness that are updated regularly by Canadian experts. The content is thematic (there is a whole section on COVID-19), and available in short snippets — which is beneficial for employees working on the front line where it may be difficult to access a device.

How to access:

Client name: blood

Client password: thrive



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& TISSUES

Have questions?

Contact the healthy workplace team at thrive@blood.ca