

Monica Hawkins

From: AMO Communications <Communicate@amo.on.ca>
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To: Monica Hawkins
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October 27, 2020

The "Echo" pandemic: Supporting employee mental health in the wake of COVID-19

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The mental health of your employees is at risk from impacts of the COVID-19 pandemic. The impact in the coming months will be felt by organizations as ongoing mental health issues hurt productivity, and increase absence and disability costs. And yet, employers are seeing that the mental health programs they have in place are not doing the job of effectively supporting employees and containing costs.

AMO has partnered with BEACON, Canada's leading digital mental health provider, that delivers cognitive behavioural therapy (CBT) digitally, with one-on-one guidance of a registered therapist. The service is important for improving access to mental health care as it avoids the wait times and other barriers to receiving mental health support when needed. The convenience of the BEACON platform is that it provides therapy through a user's smartphone, tablet, or computer – from wherever and whenever they are most comfortable.

On Thursday, November 12 at noon (ET), join BEACON for a complimentary webinar. Anthony Sam, Business Development Director from BEACON, will describe the critical principles your municipality should embrace to help your employees protect, nurture and improve their mental health in the post-COVID reality.

For more information on the AMO-BEACON partnership, please contact Nicholas Ruder, AMO/LAS Research Advisor, at 416-971-9856 x411 or at nruder@amo.on.ca.

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