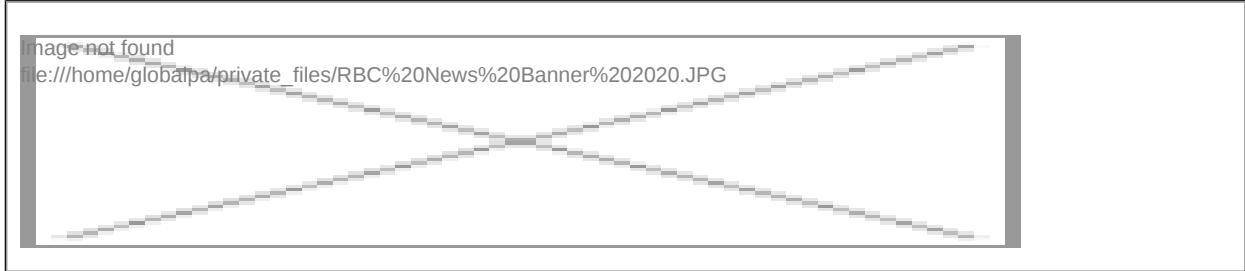


Taking care of mental health this holiday season

Submitted by Victoria on December 17, 2020 - 2:00pm



Taking care of mental health this holiday season

Note: Updated to include LTD Clients

Although many of us look forward to enjoying the festivities and celebrating during the holiday season, for many people, this can be a difficult time. Heightened by the impacts of COVID-19, the holidays can be a time in which people face additional levels of stress, anxiety, loneliness and depression. As the second wave of the COVID-19 pandemic continues to interrupt traditional celebrations and family gatherings, such feelings can worsen and have a tremendous impact on mental health.

In our ongoing commitment to support our clients, we want to ensure clients are aware of the wide variety of resources and support programs provided through RBC® Insurance Group Benefits. These programs are designed to be easily accessible and included at no additional cost under Group Benefits Plan coverage.

What programs are available?

Employee Assistance Program (EAP)

- Live one-on-one support and counselling
- Help with personal issues, workplace stress, holiday blues, or pandemic impacts
- Specialized consultants

CareNow

- Online self-guided programs
- Help with anxiety, grief, depression, stress and more
- Self-paced modules designed by leading mental health experts

AbilitiCBT

- Extensive mental health support beyond short term counselling
- iCBT approach for addressing depression, anxiety and more
- Therapist consultations and virtual modules that support skill building

Note: AbilitiCBT is offered free of charge for a limited time only.

Next steps:

We'll be sharing this message with your clients in the following communications:

- Mental health programs for H&D Clients
- Mental health programs for LTD Clients

These plan sponsor messages include an in depth overview of the available programs, benefits and additional mental health resources for clients.

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