



# Staff Health and Wellness CESD Counselling Support

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Managing all of the responsibilities in work and personal life can be a daunting task at times. It can be helpful to have the opportunity to talk about challenges and stressors. Accessing 1-1 support gives you a sounding board for what's working and what isn't – and most importantly, what needs to happen for things to get better.

## **How can I access individual counselling?**

Please contact our Staff Health & Wellness worker, Aaryn Manning. She is a certified counsellor (Canadian Counselling & Psychotherapy Association). She can be reached via email [amanning@cesd73.ca](mailto:amanning@cesd73.ca), telephone 403-227-7064, or cell 587-228-5355.

## **What about my privacy?**

Confidentiality is a primary consideration when working together. The goal in providing this service to staff is to create a safe and private space to express concerns and access support. Information disclosed is kept secure and access is restricted. Your rights to privacy and the limits to confidentiality will be reviewed with you upon accessing support.

## **Where would we meet?**

Support can be offered in a number of ways. We can connect for a Google Meet or telephone session, we can meet in person outside of your school somewhere in your community, or if you are comfortable, we can meet at your school or at DIVO.

## **What can I expect?**

Short-term solution focused support. This typically looks like:

- Helping you clearly identify your concerns .
- Assisting you with developing your vision of solutions and goal setting.
- Exploring your internal and external strengths and resources.
- Assisting you in accessing further support for longer term counselling, if desired.

## **What if I'd like to access outside support or longer term support?**

CESD has an outstanding benefits provider (ASEBP) that offers professional coaching and counselling services. This is a confidential service provided by Homewood Health for you and your dependents, at no cost. You can access this 24/7 service by calling 1-800-663-1142. You may also access their website for further information <https://homeweb.ca/>. Additionally, ASEBP benefits provide psychological coverage. Learn more [here](#).