

Communiqué de presse

Pour publication immédiate

Mental health during the pandemic: The CISSS des Laurentides is taking action

Saint-Jérôme, May 21, 2020 – During this pandemic, at a time of unprecedented change to people's daily lives, the Centre intégré de santé et de services sociaux (CISSS) des Laurentides considers mental health very important.

For the past four years, the month of May has been designated Mental Health Month by the CISSS des Laurentides. This year the event is especially relevant in light of the current coronavirus pandemic.

The CISSS' *Branchés santé* team, which manages the *Entreprise en santé* certification process, has created a comprehensive tool kit to support personnel dealing with the novel coronavirus and experiencing anxiety, stress, anguish, or even fear.

This includes videos, articles, and even a virtual clinic, everything needed to help staff deal with adjustment to current COVID-19 conditions. Tips and advice for maintaining health and well-being are also provided. These suggestions, which are meant for both our personnel and the public, can be found online at <http://www.santelaurentides.gouv.qc.ca/sante-publique/maladies-infectieuses/covid-19-coronavirus/aller-mieux-en-contexte-de-pandemie/> (In French only).

"We are committed to offering a work environment that is conducive to good physical and mental health. We are aware of the efforts deployed by our employees under these difficult circumstances, and we strive in every way possible to help them weather this crisis. This was our goal in developing these tools," said our President and Executive Director, Rosemonde Landry.

The *Entreprise en santé* certification process aims to improve organizational practices that promote staff involvement, good health and well-being. In October 2019, the CISSS des Laurentides won the Prix Distinction of the Groupe entreprises en santé (Healthy Businesses Group) in the category *Pratiques de gestion et mieux-être psychologique* (Management practices and psychological well-being).

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