



# Explaining the monthly resource package and what will take place!

Thank you for joining our Resource Navigation study! This handout explains the monthly resource packages and what your time in the study will consist of.

## Are you curious about what your time in the study will look like?

### Here is what to expect:

- Each month you will receive a package of evidence-based resources by email or mail to help answer your questions or support your needs.
- After 6 months we will send you an exit survey over email to complete, this will contain questions relevant to your time in the study.
- You will be asked if you would like to take part in an optional exit interview at 6 months. If you are interested, we may reach out to you to participate in an interview.

The monthly resources will include supports on on wellness, mental health, burnout, COVID-19, infection control, and other topics areas. These resources will include the latest advice and strategies to help you put the advice into practice.

**NOTE:** This study provides general advice and information and does not diagnose medical conditions or offer individual counselling or give medical advice.

## Supports can include topic areas such as:



### Mental Health

- Anxiety, stress, and depression
- Self-help and care
- Burnout at work
- Resilience and coping strategies



### Healthy Living

- Healthy eating
- Physical activity
- Sleep quality
- Strategies for a healthy lifestyle



### Support Services

- Food banks, rental support, employment, and sick benefits
- Resources to care for sick loved ones
- Grief and loss
- Community support



### COVID-19

- Vaccination
- Infection prevention and control

– and many more resources.

If you have any suggestions of topics for us to focus on, or any questions about the study please email: [RCTnavigator@unityhealth.to](mailto:RCTnavigator@unityhealth.to).



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