



# How the Resource Navigator can support you!

Thank you for joining our study! This handout explains the role of the resource navigator and what will happen during your sessions.

**Are you curious about what the resource navigator can offer you?  
Are you unsure of what to ask?  
Here are some examples:**

- Are you anxious or stressed at work and need help?
- Is your patience running short with your clients or work colleagues?
- Is it hard to get a good night's rest?
- Are you unsure if you should get a COVID-19 vaccine booster?
- Are you having a hard time making ends meet and looking for support?
- Are you feeling overwhelmed?

The navigator can direct you to resources on wellness, mental health, COVID-19 vaccines, infection control and other health related questions. We want to help you put these resources into practice so you feel supported at home and work.

**NOTE:** This study provides general advice and information and does not diagnose medical conditions or offer individual counselling or give medical advice.  
The navigator can only direct you to services that offer this level of information and advice.

## You can ask about:



### 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

- Links to healthcare professionals
- 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 tailored to your needs.

