JOINT WORKING GROUP ON HEALTH AND WELLNESS

WELLNESS RESOURCES

Environmental
- Gardening club (Saint John)
- Ultimate frisbee (Saint John)
- Reading club (Faculty)

Intellectual
- Mindful Moment (Saint John)
- First Aid Training through UNB
- Mental Health First Aid offered through UNB
- Employee discounts on credit courses through UNB
- Professional development oportunities (CEL and others)

Emotional
- EFAP Program (including E-Counseling anytime/anywhere!) for help managing stress, mental health concerns, grief and loss, crisis situations etc.
- Mental Health First Aid offered through UNB
- Physical and/or Mental Health Days
- SafeTALK training through UNB
- Campus Sexual Assault Support Advocate services
- My Good Health – A wellness portal and Health Risk Assessment tool from Medavie Blue Cross
- Bridge the Gapp - online resource to support mental health
- Bounce back mental health support
- Mobile Mental Health Crisis Services 1-888-811-3664
- #211 - Community and Social Services Hotline

Social
- EFAP Program offers support on help with communication, relationship issues, parenting, childcare etc.
- Union Holiday Party or other social gatherings
- Departmental gatherings or social events
- Faculty & Staff lounge

Spiritual
- Campus Ministry
- Athletics, Recreation & Wellness programs, classes and access to gym (yoga, reiki etc.)
- Volunteer with UNB for encaenia or another opportunity

Physical
- Athletics, Recreation & Wellness programs, classes and access to gym
- Best Doctors (free second opinion from professionals worldwide)
- EFAP offers help improving nutrition for weight management, high cholesterol and blood pressure, smoking cessation, diabetes etc.
- Ultimate frisbee (Saint John)
- Organized rec sports for faculty and Staff
- Safe Walk
- Flu Clinics - Faculty of Nursing Fredericton & Student Health Center Saint John
- World Health International

Occupational
- Faculty & Staff lounge
- Departmental gatherings or social events
- EFAP Program offers support for workplace challenges like stress management, performance, work-life balance etc.
- UNB Safe Spaces
- UNB Human Rights Education and Training
- College HIll Early Learning Co-operative
- Early Childhood Centre

Financial
- EFAP Program offers free legal advice for on issues of divorce/separation, custody etc.
- EFAP Program offers free financial advice on debt-management, bankruptcy, retirement etc.
- PSAC Scholarship opportunities