

## **Human Resources & Mental Health**

### **Time stamp details**

00:48 Back to Work Guide - Download the Guide

02:09: Welcome not from Boma Canada

### **03:06: Planning the Return to the Physical Work Environment: An HR Perspective**

**Louise Porthouse, VP Human Resources, Triovest Realty Advisors Inc**

04:48 Return to work

05:43 Communication is Key

09:23 Workplace Readiness and the Phased Return

11:21 Phased Return Approach

16:23 New Policies and Procedures

19:54 Employee Mental Health

23:19 Final Thoughts

### **26:45 Mental Health and Wellbeing in the era of Covid-19**

**Lori Casselman President and CRO, Wello**

28:27 Current Landscape

32:49 Focus on Mental Health

35:53 Supporting remote employees' mental health: Productivity and Engagement

42:30 Actions

44:26 Building a culture of unity amongst remote teams

45:33 Resources, Q&A