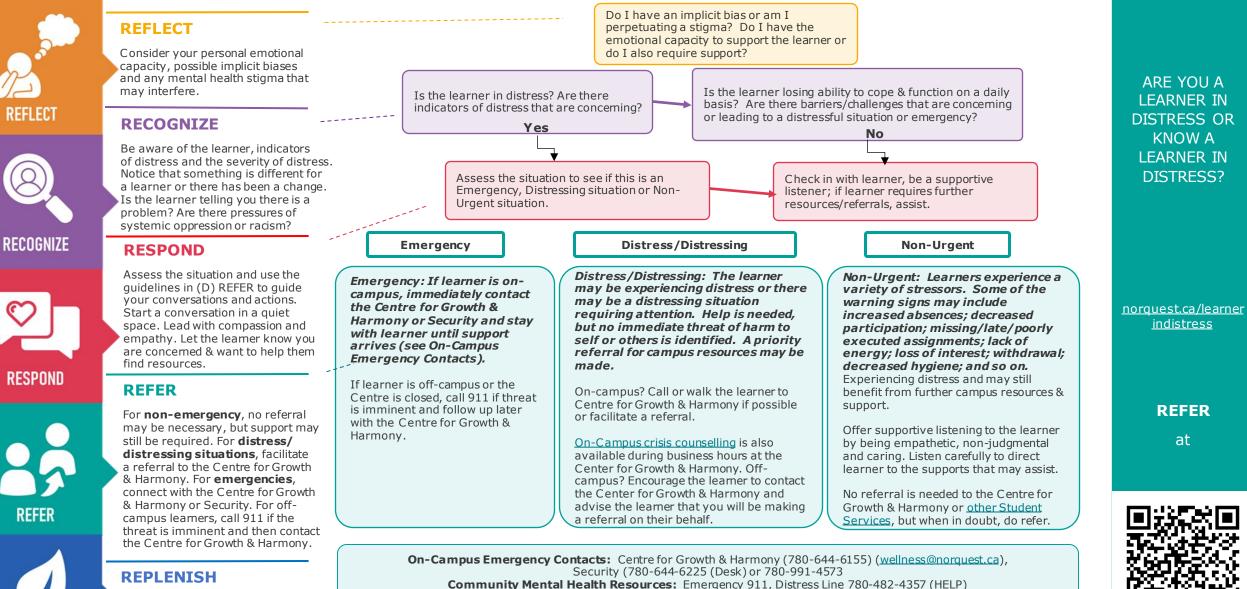
NorQuest Community Pathways of Support and Referral for Learners in Distress Overview



REPLENISH

REPLENISH

Take a walk or a break. Talk to your Chair about the situation. A trusted colleague may also help to support your needs. Employee assistance is available through EAP.

Replenish: Debrief with your supervisor and seek support and assistance for yourself as necessary. Contact your supervisor, Centre for Growth & Harmony or Lifeworks for more support.