

It's normal to feel uncertain about what to do next – or where to turn for help.

At Alberta Health Services, we take your health, safety and well-being seriously and want to help you find the support you need.

If you need help, we're here for you

If you feel overwhelmed and don't know where to turn, the **Employee and Family Assistance Program** is a free and confidential service available to you 24/7.

1-877-273-3134

www.workhealthlife.com

If you need support, please talk to someone you trust or reach out to your supervisor or manager. AHS has programs to support employees who experience violence on the job.

And remember – it's your right to report an incident to your local police.



After a violent incident

Immediately after a traumatic event, it's common to feel:

- Shocked
- Sad
- Angry
- Numb

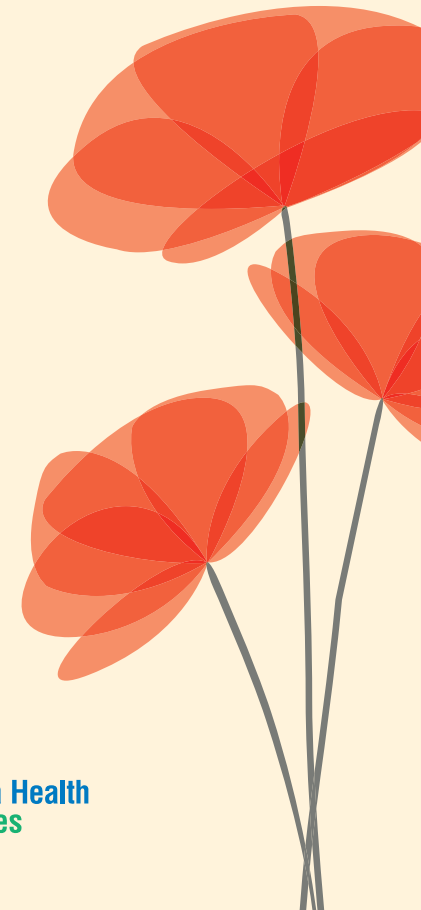
If you are physically hurt or struggling with your mental wellness, please reach out to someone you trust or speak with your supervisor or manager.

➤ If you have questions about AHS employee supports: Contact your HR advisor or Workplace Health and Safety team (visit Insite for contact details).

Workplace Violence Support

Supporting you after workplace violence

Connecting you with the care and support you need



Accepting workplace violence is **NEVER** part of your job

Reporting violence helps keep you and others safe. We encourage you to report all violent incidents to protect yourself and others.

- 1. Take Action:** First Aid / Emergency Response
- 2. Tell Your Supervisor:** Immediately
- 3. Report using MySafetyNet**

When you don't know where to turn

If you feel bullied at work, reach out to your supervisor or manager, HR advisor (visit Insite for contact information) or union.

Additional Support

1 AHS employee wellness resources

Visit Insite to find information related to:

- counselling
- psychological safety in the workplace
- trauma event support

2 Sexual assault

If you have been affected by sexual assault and need help, contact:

- North: 780-482-HELP (4357)
- South: 403-266-HELP (4357)

Or find a sexual assault centre nearest you: www.aasas.ca/get-help

3 Union & physician resources

- Alberta Union of Provincial Employees: 1-800-232-7284 or www.aupe.org
- Health Sciences Association of Alberta: 1-844-280-4722 or www.hsaa.ca
- United Nurses of Alberta: 1-800-252-9394 or www.una.ab.ca
- Physician and Family Support Program: 1-877-767-4637 (call 24/7) or www.albertadoctors.org/pfsp

4 Domestic or family violence

- Provincial family violence info line: 310-1818 (toll-free in Alberta)
- Family violence emergency shelters: 1-866-331-3933 or www.acws.ca/shelters
- Mental health help line: 1-877-303-2642

5 Police & legal resources

- Alberta Police Victim Services: 310-0000 (toll-free in Alberta) or www.victimservicesalberta.com
- Law Society of Alberta Lawyer Referral Service: 1-800-661-1095 or www.lawsociety.ab.ca
- Legal Aid of Alberta: 1-866-845-3425 or www.legalaid.ab.ca

