Working at the ATSSC/Supporting my wellness

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Wellness at the ATSSC

The ATSSC is committed to providing a safe and healthy workplace. The organization's vision for workplace well-being is tied to the organizational values and the commitment to ensuring an inclusive, welcoming, and supportive work environment for everyone. Learn more by visiting the **ATSSC's Workplace well-being and mental health intranet page (https://intranet.atssc-scdata.gc.ca/en/human-resources-hr/workplace-well-being-and-mental-health)**.

Employee Assistance Program (EAP)

ATSSC employees (including casual employees and students) and their immediate family members, can access EAP, which offers free, short-term psychological support with a mental health professional. The EAP is strictly confidential and can assist in addressing almost every problem that affects peoples' professional or personal lives, including marital and family issues, work-related problems and interpersonal conflicts.

Contact the EAP by phone: 1-800-268-7708 (1-800-567-5803 for persons with a hearing impairment), 24 hours a day, 365 days a year, or **by online chat: www.canada.ca/eap-chat** (password: canada) using any device with an internet connection; available Monday to Friday, from 8 a.m. to 7:30 p.m. (Eastern Standard Time), excluding statutory holidays.

Visit Health Canada's Employee Assistance Services website (https://www.canada.ca/en/health-canada/services/environmental-workplace-health/occupational-health-safety/employee-assistance-services.html) for additional information.

LifeSpeak

LifeSpeak (https://canada.lifespeak.com/welcome?language=1) is a total well-being website that provides around-the-clock access to leading experts in mental and physical health, financial health, family relationships and professional skills development. (Enter corporate ID: canada)

LifeSpeak (https://canada.lifespeak.com/welcome?language=1) also brings us several Guided meditations (https://canada.lifespeak.com/search?query=%20Guided%20meditation) that can help us to re-centre. Take a moment in your day, just for yourself!

Ombuds services

Ombuds Services, provided by Health Canada's Employee Assistance Services (EAS), provide a trusted space to discuss workplace issues (e.g. conflict, bullying, discrimination, harassment or violence in the workplace, domestic or family violence). The Ombuds Services Coordinators are impartial, neutral third parties who will help you find the solution that best meets your needs.

For more information, contact the Ombuds Services or schedule an appointment via email at eas-ombuds-sae@hc-sc.gc.ca (mailto:eas-ombuds-sae@hc-sc.gc.ca) or their confidential, bilingual telephone line at 1-844-899-3609.

For other questions, contact the Workplace Well-being Team (Mailto:wellbeing-mieuxetre@tribunal.gc.ca).

Accessibility Passport

The Government of Canada Workplace Accessibility Passport (https://www.canada.ca/en/government/publicservice/wellness-inclusion-diversity-public-service/diversity-inclusion-public-service/accessibility-public-service/government-canada-workplace-accessibility-passport/about.html) ensures employees with disabilities have timely access to adaptive equipment and supports needed to be successful at their job. Do you think you might face barriers at work? Find out how the Passport (https://www.canada.ca/en/government/publicservice/wellness-inclusion-diversity-public-service/diversity-inclusion-public-service/accessibility-public-service/government-canada-workplace-accessibility-passport/about.html) works and how it can benefit you.

Additional wellness-related resources

ATSSC's Workplace well-being and mental health intranet page (https://intranet.atssc-scdata.gc.ca/en/human-resources-hr/workplace-well-being-and-mental-health)

Mental health and wellness (https://www.canada.ca/en/public-health/topics/mental-health-wellness.html)

Resources for employees for mental health in the workplace (https://www.canada.ca/en/government/publicservice/wellness-inclusion-diversity-public-service/health-wellness-public-servants/mental-health-workplace/resources-employees-mental-health-workplace.html)

Hybrid work in the public service (https://www.canada.ca/en/government/publicservice/covid-19.html)

Workplace health and safety (https://www.canada.ca/en/services/jobs/workplace/health-safety.html)

Contacts

Wellbeing-mieuxetre@tribunal.gc.ca (mailto:Wellbeing-mieuxetre@tribunal.gc.ca): for questions related to employee and organizational well-being

OHS-SST@tribunal.gc.ca (mailto:OHS-SST@tribunal.gc.ca): Occupational Health and Safety

Awards and Recognition Program

The ATSSC encourages and supports a culture of recognition! Our multi-faceted Awards and Recognition Program helps employees and managers alike recognize and show appreciation for excellent work, long-service and retirement. Learn more by visiting the **ATSSC's Awards and recognition intranet page (https://intranet.atssc-scdata.gc.ca/en/human-resources-hr/supporting-and-managing-employees/awards-and-recognition)**.

Chief Administrator's A wards

Chief Administrator's Awards recognize exceptional achievements by individuals and teams that benefit the ATSSC, its employees, the tribunals or the people we serve. The awards are presented at an annual ceremony.

Instant awards

Instant awards are an informal, flexible and quick way for managers to recognize individuals and teams for high-quality work, special achievements, or important contributions to the workplace.

Long-service awards

Long-service awards formally recognize ATSSC employees for their many years of dedicated service to the organization, the public service and the people of Canada.

Retirement recognition

Retirement recognition provides for a personalized framed certificate signed by the Prime Minister of Canada for employees who are retiring with a minimum of 10 years of service with the federal public service.

External awards

External awards (https://www.canada.ca/en/treasury-board-secretariat/services/innovation/awards-recognition-special-events.html) are a variety of award programs for public servants that are managed by various government bodies from outside the ATSSC.

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