ONTARIO ENGLISH Catholic Teachers ASSOCIATION

ARTICLE

MENTAL HEALTH AND WELLNESS

THE WELL AT WORK PROGRAM

By Simon Dallimore



Teaching can be a very rewarding career but it can also come with some challenges. Well at Work is a program that is designed to offer support to members who may be experiencing difficulties while at work. This includes physical issues and/or mental health concerns.

If you are currently at work and are experiencing physical challenges or are concerned about your mental health, you may be eligible to connect with someone from the Well at Work program. Well at Work is a program that is supported by the Association and the Ontario Teachers' Insurance Plan (OTIP) and is available to teachers who are eligible for long-term disability (LTD).

The program offers you the chance to connect virtually with a person who will be able to provide you with support while you are at work, so you can stay at work. This is a value-added program supported by both OECTA and OTIP. There are no limits on the number of times you speak with the Well at Work team and there is no cost to you.

We have created a **short video** that helps to further explain the program. Please complete the referral form found at the top righthand side of the **OTIP webpage** if you would like to connect with the program. You can contact your local OECTA unit office if you have any questions, or concerns or you can reach out to Simon Dallimore at **s.dallimore@catholicteachers.ca**.



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