

Other Resources

Being physical active is part of living a healthy active life. Below is a list of some additional websites that provide information to support healthy living.

Healthy Eating

EatRight Ontario

[EatRight Ontario](#) provides free nutrition advice from Registered Dietitians. You can search online by topic and e-mail or call a dietitian with your questions at 1-877-510-520-2 (toll free in Ontario). Translators are available for phone calls in over 100 languages. Some print resources are also available in other languages.

<http://www.eatrightontario.ca/en/default.aspx>

Middlesex –London Health Unit

The [Food and Healthy Eating](#) section of the website has lots of tips for healthy eating.

<https://www.healthunit.com/food-and-healthy-eating>

The [Workplaces and Healthy Eating](#) section offers tips specific to workplaces including information on lunch packing, mindless eating at work, packing lunches, shift workers and how to encourage healthy eating in the workplace environment.

<https://www.healthunit.com/workplaces-and-healthy-eating>

Alcohol and Other Drugs

Canadian Centre on Substance Abuse

The [Canadian Centre on Substance Abuse](#) provides information on the Canadian Low Risk Drinking Guidelines. These guidelines were developed to help individuals moderate their alcohol consumption and reduce their immediate and long-term alcohol-related harm. They also provide information on other drugs.

<http://www.ccsa.ca/Eng/topics/alcohol/drinking-guidelines/Pages/default.aspx>

Middlesex-London Health Unit

The [Workplace Health and Alcohol and Other Drugs](#) section of the website discusses the impact of alcohol and other drugs on the workplace and provides resources to address concerns. A video on [Understanding Canada's Low –Risk Drinking Guidelines](#) can also be viewed by your workplace. Information and guidance is also provided on policy development.

<http://www.healthunit.com/workplace-alcohol-and-other-drug>

Mental Health

Canadian Mental Health Association

The [Canadian Mental Health Association](http://www.cmha.ca/mental-health/your-mental-health/stress) provides information and resources on stress, work/life balance, and resilience which can be helpful to an employer and employees. They also have a stress index to find out your current stress level.

<http://www.cmha.ca/mental-health/your-mental-health/stress>

Workplace Strategies for Mental Health

The [Workplace Strategies for Mental Health](https://www.workplacestrategiesformentalhealth.com/Understanding-Mental-Health-Issues) website provides easy access to credible and evidence-based tools and resources to help with the prevention, support and management of workplace mental health issues.

The primary goal is to put information at your fingertips faster and more efficiently. All of the free tools and resources are organized into four main sections.

- **Psychological Health And Safety**
Resources and information to help employers integrate psychological health and safety in their organizations.
- **Managing Workplace Issues**
Strategies to help develop measurable solutions for workplace issues such as return to work, accommodation, performance and conflict, when mental health is a factor.
- **Job-Specific Strategies**
The most commonly requested strategies and resources for specific job roles.
- **Free Training And Tools**
Tools and resources employers can use free of charge to support management training and help build awareness for workplace mental health issues, as well as to assess and address psychological health and safety in the workplace.

Employers will also find a [convenient link](https://www.workplacestrategiesformentalhealth.com/Understanding-Mental-Health-Issues) to credible resources related to depression, anxiety and other mental illnesses.

(<https://www.workplacestrategiesformentalhealth.com/Understanding-Mental-Health-Issues>)

Use them to help make a difference in your workplace.

Middlesex-London Health Unit

The [Workplace Health](http://www.healthunit.com/promoting-culture-wellness) section offers information and resources to employees on promoting a culture of wellness in the workplace. The Middlesex-London Health Unit's [Health at Work 4 All!](http://www.healthunit.com/promoting-culture-wellness) provides a variety of resources and presentations including an interactive presentation on stress and work-life-family balance which can be given at your workplace.

<http://www.healthunit.com/promoting-culture-wellness>

Tobacco

Health Canada

Health Canada's [Smoking Cessation in the Workplace: A Guide to Helping Your Employees Quit Smoking](#) outlines reasons why employers should get involved and support their employees to quit smoking. It provides information, tools and resources that employers can use to support their employees to quit smoking.

<http://www.hc-sc.gc.ca/hc-ps/pubs/tobac-tabac/cessation-renoncement/index-eng.php>

Canadian Cancer Society

[Smoker's Helpline](#) is a free, confidential service operated by the Canadian Cancer Society offering support and information and information about quitting and tobacco use.

<http://www.smokershelpline.ca/>

Middlesex-London Health Unit

The [Smoke Free Workplaces](#) section of [Workplace Health](#) provides information for both the employer and employees regarding tobacco, tools and resources which can support employers to help employees to quit smoking, tools to assist employees to quit smoking and second –hand smoke. There is also a section on [Workplaces and Public Places](#) and the [Smoke -Free Ontario Act](#). The [Tobacco Section](#) lists quit smoking workshops when they are available.

<https://www.healthunit.com/smoke-free-workplaces>

References

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