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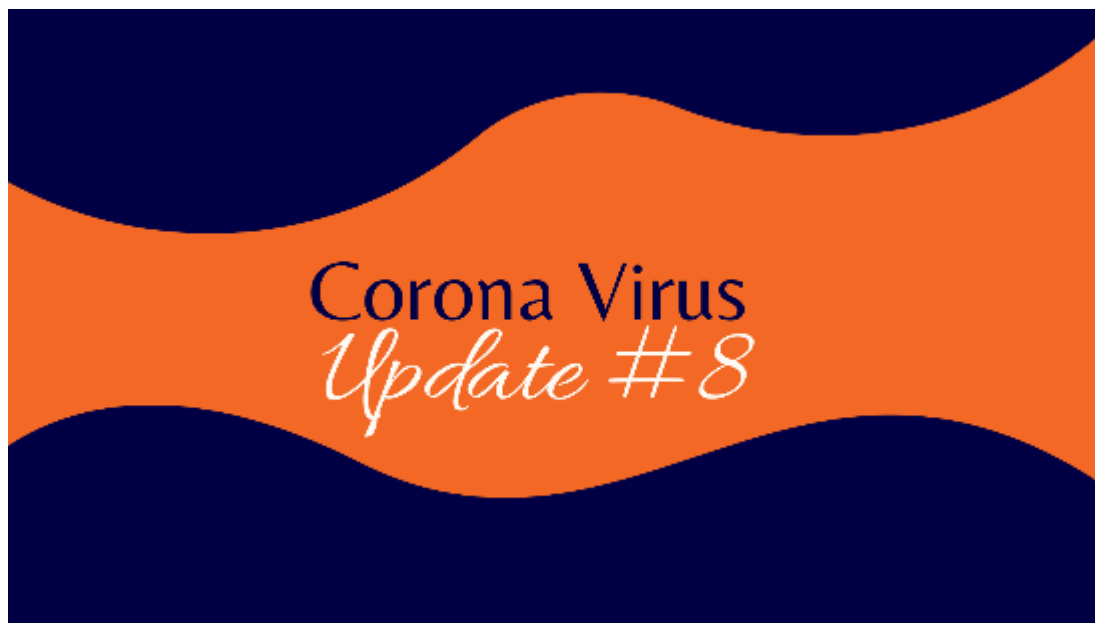
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## Weekly Newsletter

NEWS & EVENTS | Wednesday, March 25, 2020 | 11:30 am



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Centre of Expertise on  
**MENTAL HEALTH**  
in the Workplace

## Mental Health Tips When Working from Home

The Centre of Expertise on Mental Health in the Workplace has provided tips from working from home during the COVID-19 pandemic. They highlight the importance of social interactions while practicing physical distancing in order to help protect our mental health. Their fact sheet offers tips to help address isolation and loneliness that some members may experience while working from home.

View fact sheet [HERE](#).

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## COVID-19: Health Emergency Labour Protections

OFL is pleading for urgent comprehensive action to protect workers and communities. They explain the systems in Canada that are supposed to protect workers during an economic crisis or pandemic are woefully inadequate. All workers urgently need income supports to follow the advice of health workers and to weather the consequences of job losses and interruptions in earnings as a direct or indirect result of the Corona Virus. They are suggesting that the following measures must be implemented immediately:

All federal and provincial governments must:

- Provide 21 paid emergency leave days NOW!
- Prevent employers from asking workers to provide doctor's notes to access paid sick day policies or Employment Insurance
- Create an emergency fund to provide a non-repayable living allowance
- Make it crystal clear that racism and xenophobia will not be tolerated
- Permanently reducing the number of hours required to qualify for EI benefits to a standard 360 hours for all workers
- Establishing a benefits floor for weekly EI income support
- Waiving the one-week waiting period for all EI benefits (regular and special)

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- Establishing a special multi-lingual hotline
- Increasing EI staffing
- Expediting EI Work Sharing applications

Read full version [HERE](#).

Read Key OFL Proposals [HERE](#). | Read OFL's letter to Premier Doug Ford [HERE](#).

**FIGHT FOR**  
**\$15 & FAIRNESS**

## COVID-19: We need HELP now

Every hour governments in Canada delay in bringing real protections for workers, more people face the risk of contagion and financial devastation. **We urgently need Health Emergency Labour Protections (H.E.L.P.):** including 21 paid emergency leave days for ALL, greater access to employment insurance and an emergency fund that leaves no one behind.

**Demand action!** *Your message will be sent to your provincial or territorial leader as well as Prime Minister Justin Trudeau.*

[Sign the petition now!](#)



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