



July 2, 2020

New! Access to Mental Health Support for your clients at no additional cost

The COVID-19 pandemic has had a significant impact on individuals and businesses. At RBC Insurance®, we're doing all we can to help you and your clients get through this crisis and have [responded in a number of ways](#) to help lessen the impact of COVID-19.

With prolonged physical distancing and limited social interaction across Canada, various sources have reported a decline in the mental health of Canadians. Understandably, Canadians are feeling the impact of social distancing and isolation, anxiety created by the fear of getting sick, or financial stress due to the economic impact of the pandemic. Experts advise that these impacts are expected to last beyond the lifting of state of emergency restrictions.

A recent survey by Stats Canada showed that 52% of participants indicated that their mental health was either "somewhat worse" or "much worse" since physical distancing measures were implemented.

With statistics like this in mind, we at RBC Insurance are pleased to announce additional mental health programs, **at no additional cost**, to support both employers and their employees with some of the challenges they are facing as a result of COVID-19.

Free mental health training for people managers!

Recognizing the challenges faced by workplace leaders, we are pleased to fund a series of manager mental health training webinars and a self-paced e-learning program, which will address the heightened mental health risks among their employees and the unique workplace challenges created by remote work and physical distancing measures.

Monthly webinars will be hosted from July through November and will focus on topics such as Mental Health Workplace Leadership during COVID-19, Leading Remotely during COVID-19, Thriving in the New Normal and more. Delivered by our partner Morneau Shepell, the full list of webinars will be available [here](#) on July 6th. This offering will help to further differentiate RBC Insurance from other carriers in the market as to date we are not aware of competitors offering mental health support programs to plan sponsors.

Free virtual therapy for plan members and eligible dependents!

Recognizing the additional stress that many people are under as a result of COVID-19, we are also excited to fund therapist-assisted on-line Cognitive Behavioural Therapy (CarePlus AbilitiCBT) for plan members for a limited time where government funded programs are not currently available. This program, delivered through Morneau Shepell, is self-paced and offers support to address issues ranging from depression, generalized anxiety and COVID-19 related anxiety. For more information, check out the [AbilitiCBT page](#). And for all the details on our full suite of mental health solutions click [here](#).

As a reminder, RBC Insurance group benefit plan members have a wealth of resources available to support their mental, physical and financial wellbeing and now is a good time to ensure that your clients are aware of them. For a summary of these value added benefits, use the [attached plan member marketing brochure](#) to speak with clients about support for their employees during these difficult times. Look for it on the Sales Resource Centre.

Next steps

We'll be sharing this great news with plan sponsors on July 8th in the [attached communication](#).

Questions?

If you have any further questions on how RBC Insurance can support your clients and their employees, please feel free to reach out to us at any time. Your RBC Insurance Group Sales Consultant and their team are here – virtually – to support you. Call us at 1-855-264-2174.

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