

Survey highlights need for workplace psychological health and safety

Word count: 356

(WPG) A recent Ipsos Reid survey, commissioned by the Great-West Life Centre for Mental Health in the Workplace, found over 70 per cent of employees had some level of concern about psychological health and safety in their workplaces. The soon to be released National Standard of Canada on Psychological Health and Safety in the Workplace defines a psychological healthy and safe workplace as one that promotes workers' psychological well-being and actively works to prevent harm to worker psychological health, including in negligent, reckless or intentional ways.

According to the Ipsos Reid survey, 30 per cent of workers reported levels of concern that warrant significant attention. Additionally:

- Over half of respondents reported experiencing frustration, exhaustion or irritation sometimes or often in the month prior to the survey. About a quarter reported experiencing anxiety, helplessness or depression.
- Over one quarter report feelings that no matter what they did, it would never be enough to please their manager/employer.
- 46 per cent of respondents believe that economic uncertainty has had a negative impact on their workplace and 22 per cent were worried about losing their job.

Dr. Martin Shain, S.J.D., a leading expert in workplace mental health, shares that the free resource [Guarding Minds @ Work](#)TM was launched in 2009 in recognition of the fact that employers didn't have a clear understanding about what actually impacts psychological health and safety. Some asked if it meant always being nice or never having stress at work, neither of which is realistic. "It does mean identifying possible hazards and managing them," Dr. Shain said. "We focus on protecting employees from harm – in this case psychological harm."

Dr. Shain says that while the Standard will help provide an overarching framework for employers to achieve this, *Guarding Minds @ Work* can be a great place to start. It provides employers with proactive, comprehensive ways to assess the psychological health and safety of their work environment, and provides information on suggested responses as well as methods of measuring the effectiveness of those solutions.

The free resource and more information about the Ipsos Reid survey results are available through the Centre's website at www.workplacestrategiesformentalhealth.com

####

Click on images below to download high resolution versions:



Infographic: Psychological health & safety in the workplace



Photo:
Dr. Martin Shain

Terms of use:

Articles are provided for publication free of charge. Any source/sponsor of the information quoted in the text must also be identified as presented. Images are only to be used with corresponding editorial copy. Usage of Centre articles and images constitutes your acceptance of these terms and an agreement between you and the Great-West Life Centre for Mental Health in the Workplace.

Guarding Minds @ Work is a trademark of the Centre for Applied Research in Mental Health and Addiction (CARMHA) and is used with permission.

The Great-West Life Centre for Mental Health in the Workplace and design are registered trademarks of The Great-West Life Assurance Company.