

RELEASE

Canada on the map as a leader in advancing workplace mental health

Read about Canada's journey to accomplish a world first.



Caption: Research by Dr. Joti Samra, R. Psych, informs Canada's story. Hear more about her findings [here](#).

Winnipeg, MB, September 22, 2017. . . How did Canada become the first country in the world to have a national standard for psychological health and safety in the workplace? The free e-book, [*The Evolution of Workplace Mental Health in Canada – Toward a standard for psychological health and safety*](#), helps to answer this question.

In the foreword, The Honourable Michael Wilson, P.C., C.C. Chair, Mental Health Commission of Canada (MHCC) and former Finance Minister for the Government of Canada shares his optimism:

“Our future leaders will take workplace mental health further than we had ever envisioned,” Wilson says. “I’m heartened by what I see and hear from the new generation who are more willing to talk about mental illness...My wish is that every one of them will read this book so they can understand just how far we’ve come and the work we need them to continue to do.”

Beginning with the creation of the Global Business and Economic Roundtable on Addiction and Mental Health in 1998, to the launch of the MHCC and the Great-West Life Centre for Mental Health in the Workplace (the Centre) in 2007, to the release of the National Standard of Canada for Psychological Health and Safety in the Workplace (the Standard) in 2013, the book outlines how Canada moved beyond the idea that mental health was exclusively an individual’s responsibility, towards recognition that the way work environments are managed matters.

Historical documents, interviews with dozens of key players and research helped inform this book, co-written by Mary Ann Baynton, Program Director for the Centre and Leanne Fournier, co-owner of MightWrite.

The Evolution of Workplace Mental Health in Canada: Research Report (2007-2017) by Dr. Joti Samra, R. Psych, provided the foundation for the book, tracking some of the key trends that fueled the evolution and identifying the initiatives and organizations which contributed to major milestones.

“There are many more stories and unsung heroes who also played a role and who may not be included in the book,” Mary Ann says. “We hope they take pride in knowing they made a contribution.”

Everyone is invited to share their #WorkplaceMHStory at https://twitter.com/Workplace_MH.

The Evolution of Workplace Mental Health in Canada is available online to read or download for free, in English and French, at WorkplaceStrategiesforMentalHealth.com.

Hard cover printed books are available for loan at select academic libraries across the country.

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About the book

The Evolution of Workplace Mental Health in Canada — Toward a standard for psychological health and safety is published by The Great-West Life Assurance Company in support of the Great-West Life Centre for Mental Health in the Workplace.

Co-written by Mary Ann Baynton and Leanne Fournier, this commemorative book is intended to provide general information about the actions and events that, in the opinion of the authors, has and will continue to advance mental health and psychological health and safety in Canadian workplaces. It is based on information available as of the date of publication or as otherwise noted.

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English and French versions are available to read or download at WorkplaceStrategiesforMentalHealth.com

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About the Great-West Life Centre for Mental Health in the Workplace

Established in 2007, the Great-West Life Centre for Mental Health in the Workplace (the Centre) is a leading source of practical ideas, tools and resources designed to help with the prevention, intervention and management of workplace mental health issues. In 2017, the Centre celebrates a decade of helping employers take concrete steps to foster a psychologically healthy and safe workplace. Around the world, Canada is recognized as an international leader in workplace mental health. Many individuals and organizations have contributed to this distinction and it has been a privilege for the Centre to have played a part in many of their important initiatives. For more information, visit the Centre's website at WorkplaceStrategiesforMentalHealth.com.

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