Ensuring psychological health and safety at work makes good dollars and sense

Practical ideas, information, and free tools and resources are available to help employers improve psychological health and safety and address workplace mental health issues.

Visit our website at www.workplacestrategiesformentalhealth.com. Sign up at the bottom of the home page to subscribe to receive the Centre’s free email newsletter and email bulletins as news happens.

The Centre is an integral part of the Great-West Life Assurance Company’s long-term public service commitment to enriching communities across Canada. Its work is supported by the company’s national corporate citizenship program, Stronger Communities Together™.

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

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

Working Through It is a trademark of the Mood Disorders Association of Ontario and the Canadian Mental Health Association, Ontario, a joint venture, and is used with permission.

We can help you get started.
Access the resources
A psychologically healthy and safe work environment can help ensure that your organization is effective in managing its people. More importantly, protecting the psychological health of employees is simply the right thing to do. Start looking at psychological health and safety as an integral part of all your operations beginning with accessing a multitude of free training, resources and tools anytime at the Centre’s website at, www.workplacestrategiesformentalhealth.com.

Achieve a standard of health and safety
The voluntary National Standard of Canada for Psychological Health and Safety in the Workplace provides a framework for a Psychological Health and Safety Management System (PHSMS). We have aligned our tools and resources with the PHSMS to help you work towards the Standard.

Develop policies and procedures to address mental health issues
Our website has a devoted Policy and Prevention section of information, including processes and procedures for harassment and bullying prevention, addiction prevention, creating a bereavement leave policy, and more. Find it under the Psychological Health and Safety heading.

How safe is your workplace?
Guarding Minds @ Work™ is a self-service resource to help small to large employers assess the psychological health and safety of their own workplaces, and includes a framework for action planning and evaluation.

The program helps employers understand and effectively address psychosocial issues affecting health and productivity in their workplace.

Facilitate discussions
On the Agenda is a series of videos, presentation slides and supporting materials that can help trainers, managers or others facilitate discussions aimed at developing a psychologically healthy and safe workplace. The accompanying facilitator guides help address challenges and concerns while supporting practical, low-cost or no-cost strategies for improvement.

On the Agenda helps to engage employees in developing and committing to approaches that improve psychological health and safety for the entire team.

Prepare your managers and leaders
Unsure if it is a mental health issue or a performance problem? Managing Mental Health Matters is a scenario-based training program designed to help managers, supervisors and other leaders learn how to effectively recognize and manage mental health-related issues in the workplace through a series of online videos, articles and activities for individuals and teams.

The five episodes look at Managing Accommodation, Managing Performance, Managing Emotions, Managing Conflict and Managing Return to Work.

Create an accommodation plan
Supporting Employee Success is a resource that takes mental health into account to help managers feel more comfortable managing the process and approach to accommodation, healthcare providers better understand workplace demands and employees return or continue to work successfully.

Gain understanding of the issues
Working Through It™ is a video-based resource to help individuals reclaim their well-being at work, off work or when returning to work. It focuses on video interviews of real people sharing their experiences of working through times of mental health pressures.

Their messages, aimed at employees, include three important themes -- you are not alone, there are things you can do to reclaim your well-being, and there is hope for a better tomorrow. A leader’s guide provide awareness education for supervisors, managers, union stewards or other leaders whose responsibilities include supporting or managing employees who may have mental health issues.

You and your staff can subscribe to the Working Through It email service, which will deliver information related to mental health to your inbox each week.
Access the resources
A psychologically healthy and safe work environment can help ensure that your organization is effective in managing its people. More importantly, protecting the psychological health of employees is simply the right thing to do. Start looking at psychological health and safety as an integral part of all your operations beginning with accessing a multitude of free training, resources and tools anytime at the Centre’s website at, www.workplacestrategiesformentalhealth.com.

How safe is your workplace?
Guarding Minds @ Work™ is a self-service resource to help small to large employers assess the psychological health and safety of their own workplaces, and includes a framework for action planning and evaluation.

The program helps employers understand and effectively address psychosocial issues affecting health and productivity in their workplace.

How safe is your workplace?
Guarding Minds @ Work™ is a self-service resource to help small to large employers assess the psychological health and safety of their own workplaces, and includes a framework for action planning and evaluation.

How safe is your workplace?
Guarding Minds @ Work™ is a self-service resource to help small to large employers assess the psychological health and safety of their own workplaces, and includes a framework for action planning and evaluation.

Facilitate discussions
On the Agenda is a series of videos, presentation slides and supporting materials that can help trainers, managers or others facilitate discussions aimed at developing a psychologically healthy and safe workplace. The accompanying facilitator guides help address challenges and concerns while supporting practical, low-cost or no-cost strategies for improvement.

On the Agenda helps to engage employees in developing and committing to approaches that improve psychological health and safety for the entire team.

Develop policies and procedures to address mental health issues
Our website has a devoted Policy and Prevention section of information, including processes and procedures for harassment and bullying prevention, addiction prevention, creating a bereavement leave policy, and more. Find it under the Psychological Health and Safety heading.

Facilitate discussions
On the Agenda is a series of videos, presentation slides and supporting materials that can help trainers, managers or others facilitate discussions aimed at developing a psychologically healthy and safe workplace. The accompanying facilitator guides help address challenges and concerns while supporting practical, low-cost or no-cost strategies for improvement.

On the Agenda helps to engage employees in developing and committing to approaches that improve psychological health and safety for the entire team.

Develop policies and procedures to address mental health issues
Our website has a devoted Policy and Prevention section of information, including processes and procedures for harassment and bullying prevention, addiction prevention, creating a bereavement leave policy, and more. Find it under the Psychological Health and Safety heading.

Create an accommodation plan
Supporting Employee Success is a resource that takes mental health into account to help managers feel more comfortable managing the process and approach to accommodation, healthcare providers better understand workplace demands and employees return or continue to work successfully.

Gain understanding of the issues
Working Through It™ is a video-based resource to help individuals reclaim their well-being at work, off work or when returning to work. It focuses on video interviews of real people sharing their experiences of working through times of mental health pressures.

Their messages, aimed at employees, include three important themes – you are not alone, there are things you can do to reclaim your well-being, and there is hope for a better tomorrow. A leader’s guide provide awareness education for supervisors, managers, union stewards or other leaders whose responsibilities include supporting or managing employees who may have mental health issues.

You and your staff can subscribe to the Working Through It email service, which will deliver information related to mental health to your inbox each week.

Prepare your managers and leaders
Unsure if it is a mental health issue or a performance problem? Managing Mental Health Matters is a scenario-based training program designed to help managers, supervisors and other leaders learn how to effectively recognize and manage mental health-related issues in the workplace through a series of online videos, articles and activities for individuals and teams.

The five episodes look at Managing Accommodation, Managing Performance, Managing Emotions, Managing Conflict and Managing Return to Work.
Access the resources
A psychologically healthy and safe work environment can help ensure that your organization is effective in managing its people. More importantly, protecting the psychological health of employees is simply the right thing to do. Start looking at psychological health and safety as an integral part of all your operations beginning with accessing a multitude of free training, resources and tools anytime at the Centre’s website at, www.workplacestrategiesformentalhealth.com.

How safe is your workplace?
Guarding Minds @ Work™ is a self-service resource to help small to large employers assess the psychological health and safety of their own workplaces, and includes a framework for action planning and evaluation.

The program helps employers understand and effectively address psychosocial issues affecting health and productivity in their workplace.

Facilitate discussions
On the Agenda is a series of videos, presentation slides and supporting materials that can help trainers, managers or others facilitate discussions aimed at developing a psychologically healthy and safe workplace. The accompanying facilitator guides help address challenges and concerns while supporting practical, low-cost or no-cost strategies for improvement.

On the Agenda helps to engage employees in developing and committing to approaches that improve psychological health and safety for the entire team.

Prepare your managers and leaders
Unsure if it is a mental health issue or a performance problem? Managing Mental Health Matters is a scenario-based training program designed to help managers, supervisors and other leaders learn how to effectively recognize and manage mental health-related issues in the workplace through a series of online videos, articles and activities for individuals and teams.

The five episodes look at Managing Accommodation, Managing Performance, Managing Emotions, Managing Conflict and Managing Return to Work.

Achieve a standard of health and safety
The voluntary National Standard of Canada for Psychological Health and Safety in the Workplace provides a framework for a Psychological Health and Safety Management System (PHSMS). We have aligned our tools and resources with the PHSMS to help you work towards the Standard.

Develop policies and procedures to address mental health issues
Our website has a devoted Policy and Prevention section of information, including processes and procedures for harassment and bullying prevention, addiction prevention, creating a bereavement leave policy, and more. Find it under the Psychological Health and Safety heading.

Create an accommodation plan
Supporting Employee Success is a resource that takes mental health into account to help managers feel more comfortable managing the process and approach to accommodation, healthcare providers better understand workplace demands and employees return or continue to work successfully.

Gain understanding of the issues
Working Through It™ is a video-based resource to help individuals reclaim their well-being at work, off work or when returning to work. It focuses on video interviews of real people sharing their experiences of working through times of mental health pressures.

Their messages, aimed at employees, include three important themes – you are not alone, there are things you can do to reclaim your well-being, and there is hope for a better tomorrow. A leader’s guide provide awareness education for supervisors, managers, union stewards or other leaders whose responsibilities include supporting or managing employees who may have mental health issues.

You and your staff can subscribe to the Working Through It email service, which will deliver information related to mental health to your inbox each week.
Ensuring psychological health and safety at work makes good dollars and sense

We can help you get started.

Practical ideas, information, and free tools and resources are available to help employers improve psychological health and safety and address workplace mental health issues.

Visit our website at www.workplacesstrategiesformentalhealth.com. Sign up at the bottom of the home page to subscribe to receive the Centre’s free email newsletter and email bulletins as news happens.

The Centre is an integral part of the Great-West Life Assurance Company’s long-term public service commitment to enriching communities across Canada. Its work is supported by the company’s national corporate citizenship program, Stronger Communities Together™.
Ensuring psychological health and safety at work makes good dollars and sense.

Practical ideas, information, and free tools and resources are available to help employers improve psychological health and safety and address workplace mental health issues.

Visit our website at www.workplacestrategiesformentalhealth.com. Sign up at the bottom of the home page to subscribe to receive the Centre's free email newsletter and email bulletins as news happens.

The Centre is an integral part of the Great-West Life Assurance Company’s long-term public service commitment to enriching communities across Canada. Its work is supported by the company’s national corporate citizenship program, Stronger Communities Together™.

We can help you get started.