



# WORKPLACE MENTAL HEALTH TRAINING FOR HEALTHCARE WORKERS

ARE YOU INTERESTED IN BEING A MENTAL HEALTH  
“CHAMPION” IN YOUR WORKPLACE? ARE YOU CURRENTLY  
WORKING IN A SMALL, UNDER-RESOURCED HEALTHCARE  
WORKPLACE\*?

“Beyond Silence” is a new evidence-based workplace mental health training program customized for healthcare workers. The 2-day program, led by peer educators, builds knowledge, skills and resources to promote early intervention and support for mental health at work, and psychological health and safety in the workplace.

Through research funding from the Ontario Ministry of Labour, we are able to offer **subsidized training** for workers in small, under-resourced healthcare workplaces\* across Ontario. We will be offering 8 training programs over the next two years, and evaluating the impact. See below for upcoming programs and locations:

- Toronto January 14-15, 2019
- Cobourg February 20-21, 2019
- Chatham March 6-7, 2019
- Thunder Bay April 10-11, 2019
- Hamilton May 23-24, 2019

REGISTRATION FEE: \$300 - (Only \$150 for employees of small healthcare workplace –  
100 employees or less)

 **PSHSA.ca** TO REGISTER ONLINE: [CLICK HERE TO REGISTER](#)

The registration fee includes 2 days of training, lunch, training materials, certificate of completion and access to online community of practice resources. Participants are responsible for their own transportation and accommodation (if required).

**If you have questions or would like more information, please contact: Lisa Wolfe (Project Coordinator):**  
905-525-9140 x27708 or Email: [wolfel@mcmaster.ca](mailto:wolfel@mcmaster.ca)

\*eligible workplaces include, but are not limited to: long-term care or group homes, rural or remote hospitals, ambulance services and community-based programs