

A close-up photograph of a person's hand holding a pair of black-rimmed glasses. The hand is positioned over a document that appears to be a survey or form, with some text and a table visible. The background is softly blurred, showing a desk and a binder. The overall lighting is bright and natural, suggesting an office environment.

Feature
article

Use Workplace Strategies resources to help address today's greatest health and safety challenge

Mental health and stress management topped the list of emerging health and safety concerns among leaders according to a Workplace Safety and Prevention Services survey conducted in late 2019.

While two-thirds of survey respondents say mental health is their greatest emerging challenge, and almost all agree mental health has a direct impact on business goals, just one in 5 have a formal plan to address it. If you're concerned about workplace mental health in your organization, you're not alone – and you can make a difference.

Encourage your organization, colleagues and friends to visit clwsmh.com to find evidence- and practice-based resources – all of which are free, compliments of Canada Life.

“Our resources help protect psychological safety and promote positive workplace mental health,” says Mary Ann Baynton, Director of Strategy and Collaboration for Workplace

(cont'd)

**Workplace Strategies
for Mental Health**

Compliments of Canada Life

(cont'd)

Strategies, adding that the survey and its results emphasize how timely these resources are now. “While our work has always been important, the pandemic is revealing how critical addressing mental health is to ongoing organizational success.”

Workplace Strategies addresses mental health and psychological safety at all levels:

- For employees, there are tools to build resilience and deal with home and work stressors.
- At the leader and team level, we help identify and respond to issues including employee burnout, accommodation and conflict resolution.
- Organizations are supported with policy and prevention approaches.

The more than 400 respondents to the survey represented a cross-section of industries and organizations of all sizes across Canada. They shared their insights on a variety of topics, like:

- Business challenges
- Significant health and safety issues
- Investment in health and safety
- Barriers to implementation

You can read the survey results appear in this white paper:

[WSPS 2020 Health & Safety Leadership Survey: Challenges and Concerns](#)

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All Workplace Strategies resources are available to anyone at no cost, compliments of Canada Life.

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