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mental health WORKS
www.mentalhealthworks.ca

Mental Health Works

- a nationally-delivered program of the Canadian Mental Health Association (CMHA)
- workshops, presentations, speakers
- customized training products
- consulting services
- information and workplace tools

The slide features a vertical image on the left showing the lower legs and feet of a person walking on a green surface, casting a shadow.

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Mental Health Works

- a recognized leader in the field of workplace mental health
- a contributing partner to research
- an award-winning program
 - Canadian Society for Training and Development (CSTD)
 - Canadian Council on Learning (CCL)

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The legal case - Bill 168



- an amendment to Ontario Occupational Health and Safety (OHS) Act
- requires all employers to prevent and effectively address violence, harassment and bullying in the workplace
- bullying and harassment often associated with ineffective management styles
- maintains the shared responsibility system of the OHS Act

The social responsibility case



- employers seen as contributors to the health and wellbeing of citizens
- work affects our wellbeing which affects our families, friends, communities
- being socially responsible by providing a healthy and safe workplace: employees are more engaged and productive

Some statistics on mental health



- 1 in 4 Canadians will experience a mental illness in their lifetime
- most will have a significant episode between ages 18 and 65
- 2 out of 3 will not seek help

Resources for Mentally Healthy and Psychologically Safe Workplaces

Mental Health Works

mentalhealthworks.ca

Mental Health Commission of Canada

mentalhealthcommission.ca/English/Pages/Mentalhealthintheworkplace.aspx
mhccleadership.ca

Guarding Minds at Work

guardingmindsatwork.ca

The Roundtable for Workplace Mental Health

www.workplacementalhealthroundtable.com

Canadian Mental Health Association (CMHA)

National cmha.ca

Ontario ontario.cmha.ca

York Region cmha-yr.on.ca

Working Through It: Stories of reclaiming wellbeing at work, off work and returning to work

gwlcenreformentalhealth.com/wti

Great West Life Centre for Mental Health

gwlcenreformentalhealth.com

Mood Disorders Association of Ontario (MDAO) Check up from the neck up

mooddisorders.on.ca

Mental Health Service Information of Ontario (MHSIO)

mhsio.on.ca

Centre for Addiction and Mental Health (CAMH)

camh.net

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