



**Mental Health Works** is a nationally available program of the Canadian Mental Health Association that builds capacity within organizations to effectively address the many issues related to mental health in the workplace.

It discusses the social determinants of health, and how mental health fits in to the context of overall health. The workshop promotes positive mental health for all, and effectively reduces the stigma around mental illnesses. Participants learn practical skills to help address mental health problems at work.

Participants will also have contact with employees who work and live with a mental illness, either live or through video. The workshop is highly interactive, with activities and discussion throughout.

**Intended audience:**

All staff, supervisors, managers, union representatives

**Length**

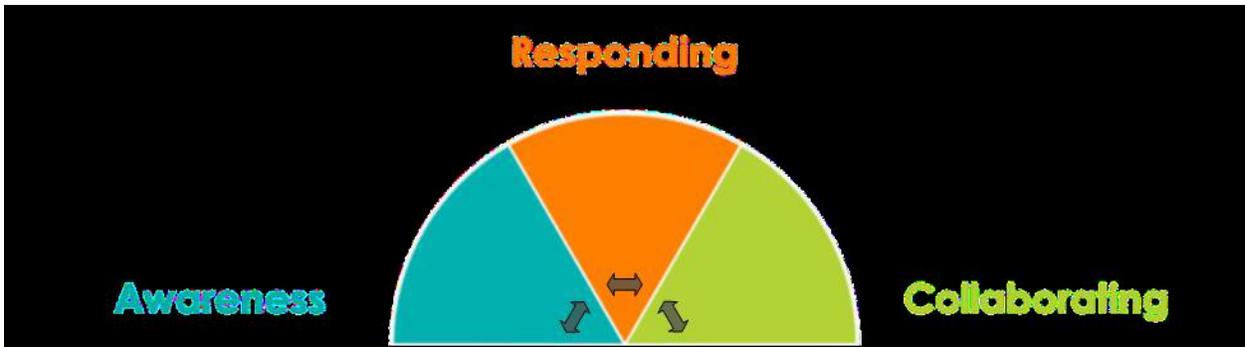
6 content hours

two 15 minute breaks and a 60 minute lunch

**General description:**

This workshop provides participants with a holistic understanding of mental health and mental illness. It is made up of four modules, touching on awareness building, responding skills, and collaborative change.





## **Awareness**

The workshop helps participants build awareness of mental health in their workplace. Modules focus on teaching what mental health and mental illnesses are, and what they're not. Evidence, balance, and recovery are prominent. The primary goal of awareness building is to educate and reduce stigma, which creates safe spaces, increases help seeking, and enables prevention.

## **Responding**

You want the people in your workplace to have practical skills for responding to situations involving mental health problems and illnesses. These modules address specific problems, such as depression or anxiety, how to have challenging conversations, and how to engage the MHW *Shift* to advance solutions. The primary goal of developing responding skills is so that anyone can identify and intervene effectively when necessary.

## **Collaborating**

You want to make your workplace more psychologically healthy and safe. These modules focus on issues such as organizational culture, accommodation, and return to work. The *National Standard for Psychological Health and Safety in the Workplace* is featured. The primary goal of collaborating to create change at work is to ensure a safe and healthy environment for all.

The content of the workshop is informed by the following key messages:

- There is no health without mental health.
- Most mental health problems are common and can be overcome effectively.
- Everyone has a role to play in reducing workplace stigma of mental health.

## **Price:**

\$145.00 per person with groups up to 16 people

## **Contact:**

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