



## Introduction to Psychological Health and Safety in the Workplace

In any given year 1 in 5 Canadians will experience a mental health problem or illness. Each week approximately 500,000 Canadians don't feel well enough to go to work due to a mental health problem. The Canadian economy spends more than \$51 Billion a year in lost productivity due to workplace mental illness with 70% of overall disability costs attributed to mental illness. These are staggering statistics that affect any company's bottom line and are starting to gain more attention.



Employers are starting to realize that not only is it prudent to maintain a physically safe workplace, but also a psychologically safe one. Just as Occupational Health and Safety Standards address physical hazards in the work place, there is also an increasing need to address psychological problems in the workplace.

In 2013, the National Standard of Canada for Psychological Health and Safety in the Workplace (the Standard) was launched. Championed by the Mental Health Commission of Canada (MHCC) and developed by CSA Group and the Bureau de normalization du Quebec, the Standard is a voluntary set of guidelines, tools and resources focused on promoting employees' psychological health and preventing psychological harm at work. The Standard consists of 13 psychosocial factors.

Please join us during Mental Health Week, May 1<sup>st</sup> to 7<sup>th</sup>, as we review the psychosocial factors and resources you can use to implement them in your workplace. Now might be the opportune time to promote psychological health and safety in your workplace!

**Date:** May 3<sup>rd</sup>, 2017

**Location:** NL Housing and Homelessness Network,  
77 Charter Ave, St. John's

**Cost:** Donation at the door to  
CMHA Mental Health Week

**Time:** 1:00 to 4:00

Coffee and tea provided.

Maximum of 50 participants