

52 Years Proud



BE MIND FULL
CHAMPIONS FOR POSITIVE MENTAL HEALTH SINCE 1918

Mental Health in the Workplace

A Healthy Investment For your Company



Canadian Mental Health Association
Newfoundland-Labrador

Association canadienne pour la santé mentale
Terre-Neuve et Labrador

HOW YOUR ORGANIZATION CAN HELP YOUR EMPLOYEES?

- If an employee is experiencing symptoms of depression, it is strongly recommended that they seek professional help. Medication, counseling and other therapies are common treatments, but building a work environment that supports your employee's health and wellness can go a long way in preventing and managing depression, anxiety and other illnesses
- Provide healthy food options in cafeterias and/or vending machines
- Offer physical activity options such as walking groups, pedometers, gym membership discounts or on-site facilities
- Develop policies that support work-life balance and healthy lifestyle choices.
- Consider including an Employee Assistance Program (EAP) provider in your benefits package or promote this service if you already have it.

INTERESTING FACTS...

As one of Canada's most common illnesses, depression is also the least understood. It is a medical illness. Mental illnesses are treatable and recovery is possible through new skills training and support.

In any given year, one in five Canadians will experience a mental illness.

Approximately 30% of short-term and long-term disability claims in Canada are attributed to mental health illnesses accounting for 70% of the total disability costs.

The total economic burden caused by mental illness in Canada is approximately \$51 billion per year.

Nearly one quarter of the country's working population is currently affected by mental illnesses leading to absenteeism, presenteeism (coming to work but being less than fully productive) and increased turnover rates.

Among those most susceptible to mental illness are adults in their early and prime working years.



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Newfoundland and Labrador
Mental health for all

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Terre-neuve et Labrador
La santé mentale pour tous

GET INVOLVED WITH MENTAL HEALTH



WHY DO WE NEED YOUR HELP?

Mental illness affects one in five Newfoundlanders and Labradorians. That is approximately 104,000 people in your province.

Corporate sponsors bring valuable support, a network of people and often times employees who are passionate about creating positive change.

Help build a society where people with a mental illness diagnosis can reach out for treatment without fear, shame or stigma.

WHY SHOULD YOUR COMPANY GET INVOLVED?

To support a cause, that is increasingly important to everyone.

To demonstrate to your community, that your organization/business is taking responsibility in promoting mental wellness to your clients, employees and customers.

To decrease the stigma within society.

To engage your employees in something meaningful.

The sky is the limit and we encourage your creativity and support. Host your own wellness activities at work, such as:
 Casual Days, Barbecues, Coffee Breaks, Staff Challenges, Bake & Craft Sales

Get Started! Promote Mental Wellness Today!

Organization/Business Name: _____
 Contact: _____ Telephone: _____
 Address: _____ City: _____
 Postal Code: _____ Email: _____
 Choice of Activity: _____
 Activity Description: _____

Please send the completed form to: John Dinn by email: JDinn@cmhanl.ca or fax at (709)-753-8537. By getting involved with CMHA-NL, we would be pleased to work with you on possible mental health material, informational displays we can provide for your event, or to schedule a presentation for your company. Please note, in order to maintain our programs we ask for a \$200.00 honorarium to facilitate these services.

The Canadian Mental Health Association of Newfoundland and Labrador promotes mental health and offers valuable educational programs and services throughout the province.