



**Canadian Mental
Health Association**
Newfoundland & Labrador
Mental health for all



CMHA-NL is pleased to partner with Mental Health Works to provide FREE webinars on workplace mental health amid COVID-19 concerns. Mental Health Works is a nationwide social enterprise of the Canadian Mental Health Association, Ontario Division. It provides capacity-building workshops, presentations and webinars that are person-centred, evidence-based, and solution-focused.



In this time of uncertainty and stress related to the COVID-19 pandemic, CMHA-NL's Workplace Mental Health Program is providing FREE webinars to workplaces to help employees and employers address the impact these circumstances may have on our work and well-being.

Public health agencies are urging the public to practice physical distancing and self-isolation. As a result, many people are working from home where possible or are now starting to return to work with precautions. To help organizations and their staff with this new dynamic, CMHA-NL is offering the following webinars directly to your employees and/or coworkers. Each webinar will focus on best practices in workplace mental health.

Choose from any of these 1-hour virtual sessions, presented by CMHA-NL's Workplace Mental Health Coordinator, John Dinn:

- **Maintaining Well-being While Working Through Current Events**
- **Managing COVID-19 Stress and Anxiety**
- **Mental Health and Wellness for Front Line Workers**
- **Isolation, Loneliness, and Depression**

**To book a free webinar for your workplace, please contact
John Dinn at jdinn@cmhanl.ca or [\(709\) 730-3187](tel:7097303187).**