

Resources to Support Mental Health in the Workplace

www.workplacestrategiesformentalhealth.com

What does the centre provide?



Great-West Life
Centre for
Mental Health
in the Workplace

“ Our information and resources are available
to all employers and the public ”

- Practical strategies & tools for employers & employees
- Incubator for innovative new initiatives
- Expand knowledge on workplace mental health
- Resources available at no cost

Why focus on the workplace?

- Have more face time than family/friends
- Can recognize change earlier
- Have more influence/power

And earlier treatment can mean:

- Reduction in severity and frequency of symptoms
- Increased likelihood of full recovery



Welcome to our refreshed website! [Find out more](#)

PSYCHOLOGICAL
HEALTH AND SAFETY

MANAGING
WORKPLACE ISSUES

JOB-SPECIFIC
STRATEGIES

FREE TRAINING
AND TOOLS

Improve psychological health and safety in your workplace.

Support employee success when mental health is a factor.

ALL TOOLS AND
RESOURCES ARE FREE.

USE THEM TO HELP
MAKE A DIFFERENCE.



Organizational Framework

Psychological
Health and
Safety in the
Workplace

Consider organizational approaches, strategies, policies, procedures, and interactions that impact the psychological health or safety of employees. [Find out how](#)



Management Training

MANAGING
MENTAL HEALTH
MATTERS

Help leaders learn how to effectively recognize and manage mental health related issues in the workplace. [Get started](#)

Centre Overview



Great-West Life
Centre for
Mental Health
in the Workplace

www.workplacestrategiesformentalhealth.com

This website is an initiative of the Great-West Life Centre for Mental Health in the Workplace

[About the Centre](#)

Resources

- Resources for employees who are struggling
- Tools for stress reduction
- Tools to help managers build their leadership skills

Working Through It

A video based resource that speaks to those struggling with work and life issues – even if they are not sure why.

mental health
WORKS



— Why ‘Working Through It’? —

Mandi Luis – “What I Wish I knew - A Snapshot of Mental Illness in the Workplace”

<http://www.mentalhealthworks.ca/what-i-wish-i-knew/>

- Real people who had struggled
- Hope that it would get better
- Strategies for Coping
- Video vs. reading

Working Through It

15 Module Topics including:

- How can I cope better at work?
- Who can help me at work?
- What happens when I go back to work?
- What should I say?

mental health WORKS

Working Through It
Stories of overcoming work-based work, all work and returning to work

HOME WATCH ALL VIDEOS CREDITS USER SURVEY

15 video thumbnails with titles:

- Introduction
- What's happening? Why is it such a struggle?
- How can I cope better at work?
- If I continue to struggle, what should I do?
- Who can help me at work?
- What should I say?
- If I continue to struggle, should I stay at work?
- How can I manage frustration?
- How can I begin to feel better?
- What happens when I go back to work?
- How do I stay well?
- What if things go really wrong?
- Never Give Up
- Our Insights

All videos

- Introduction
- What is happening? Why is it such a struggle?
- What can I do to feel better?
- How can I cope better at work?
- If I continue to struggle, what should I do?
- Who can help me at work?
- What should I say?
- If I continue to struggle, should I stay at work?
- How can I manage frustration?
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- What happens when I go back to work?
- How do I stay well?
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ADDITIONAL VIDEO RESOURCES

- Help your supervisor support you
- If it was difficult to access I treated help
- Recognizing symptoms
- Resources at work
- Don't go it alone
- Help your doctor help you
- Getting the paperwork done
- Navigating the disability supports system
- Supports that may be available
- Perceptions of mood disorders
- Finding the right treatment
- Continue with medications
- Attend cognitive behavioral therapy
- Use experience in a treatment center
- Be aware of triggers
- Stay in the present

Exercises for Stress Reduction

A virtual wellness program to support stress reduction and deep relaxation:

[Harvard Relaxation Response](#)

Simple mindfulness breath and body meditation for stress reduction and relaxation

[Stress Management](#)

A 3 minute breathing practice to assist with coping before, during and after stressful experiences

[Deep Conscious Sleep](#)

A 15 minute deep relaxation practice to help reduce stress and sleep disorders

Permission to link to these free video resources has been generously provided by the [University Health Network \(UHN\)](#).



'Stress Strategies' Resource

- Online, confidential coaching tool
- Aims to reduce stress levels using practical problem-solving methods
- Develop customized action plans for dealing with stress management
- Looks at stress as a problem that can be addressed, solved, or at least improved

Here are your steps:



Choose Stressor



Choose
action strategies



Learn about your
action strateg(ies)



Define your
action plan



Review your
action plan
summary

Developed with generous support from



www.stressstrategies.ca

– Self Assessment Tools and Resources



CANADIAN MENTAL
HEALTH ASSOCIATION
ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE



SCHIZOPHRENIA
SOCIETY OF ONTARIO
A REASON TO HOPE – THE MEANS TO COPE



ALCOHOL
HELP CENTER

nedic

National Eating Disorder Information Centre



HELPGUIDE.ORG
A TRUSTED NON-PROFIT RESOURCE

— Self Assessment Tools and Resources —

Kids Help Phone

**Phone Service
1-800-668-6868**

KidsHelpPhone.ca

**Live Chat /
Always There
App**

**Resources
Around Me**

— Supporting Leaders

- Skill development
- Tools
- Resources

Challenges to addressing mental health in the workplace

Leaders and co-workers may think...

- I'm not a mental health expert
- How do I even know there is a mental health issue?
- What if I say the wrong thing and make it worse?
- Where do I go to get help?

Managing Mental Health Matters



Managing
Mental Health
Matters

An initiative of www.workplacestrategiesformentalhealth.com | Français

Introduction

MANAGING
Emotions

MANAGING
Accommodation

MANAGING
Performance

MANAGING
Conflict

MANAGING
Return to Work

TEST YOUR
Knowledge

BEFORE YOU BEGIN

- [Managing For Health and High Performance \(Survey\)](#)

ON THIS PAGE

- [Video: Introduction](#)
- [Key learning objectives](#)

Managing Mental Health Matters

SUMMARY: Managing Mental Health Matters (MMHM) is a "first of its kind" program focused on helping managers, supervisors and other leaders learn how to effectively recognize and manage mental health related issues in the workplace.

Managing Mental Health Matters uses a story-based approach, portraying realistic video episodes of workplace "characters" dealing with situations common to everyday work life. The user engages in the process, rather than simply being given information.

Return to Work

PSYCHOLOGICAL
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Return to Work

Specific strategies can help support a successful return to work after an absence due to a mental health concern.



Supporting Return to Work Success

When an employee is returning to work after a mental health leave, it can be a critical time to support success.

[Learn more](#)

The free video training module, *Managing Return to Work*, helps answer questions like "What can I do to help the employee be successful?" and "How can I manage co-worker reactions?"

Accommodation provides specific approaches to help employees with mental health concerns remain productive and contributing members of their work teams.

— Visit the Site to Get Started... —————



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