

...and a lot more!

Peer Support Program Development

Peer support is a proven way to increase psychological support and protection by leveraging lived experience of mental illness and recovery. Learn how to build and sustain a peer support program in your workplace.

Cost: Please contact us for pricing

Custom Webinars

These webinars cover a range of workplace mental health strategies and include valuable insights and lessons. Each one-hour webinar provides participants with practical advice, skills and tools that can be used to support positive change in their own workplaces.

Cost: \$700 to \$2000 for 1–4 webinars

Executive Presentations

Let us help you make the case for building a mental health strategy integrated into your organizational strategic plan.

Toolkits

Not Myself Today® toolkits help organizations build awareness, reduce stigma, and foster safe and supportive cultures. Learn more at www.notmyselftoday.ca

Other Training

- **Resilient Minds**—building the psychological health of fire fighters
- **SafeTalk**—suicide risk awareness and referral training
- **Mental Health First Aid**

*Prices do not include taxes

OUR TRAINERS



MARGARET TEBBUTT



LUCETTE WESLEY



GEOFF MOFFETT



GORD MENELAWS



DAVID DURNING

Book your workshop today!

Contact us:

Ashley Rinas, Workplace Programs Manager
workplaces@cmha.bc.ca
604-688-3234

About CMHA BC

Founded in 1918, the Canadian Mental Health Association (CMHA) is a national charity that helps maintain and improve mental health for all Canadians. As the nation-wide leader and champion for mental health, CMHA helps people access the community resources they need to build resilience and support recovery from mental illness.

To learn more about CMHA BC, visit www.cmha.bc.ca



Canadian Mental Health Association
British Columbia
Mental health for all

Suite 905 - 1130 W. Pender Street
Vancouver, BC, V6E 4A4 Canada

Phone: 604-688-3234 or 1-800-555-8222

Email: info@cmha.bc.ca

The CMHA BC office is located on the traditional, unceded lands of the xʷməθkʷəy̓əm (Musqueam), Skwxú7mesh (Squamish) and səliwətaʔ (Tsleil-Waututh) Nations.

www.cmha.bc.ca



Canadian Mental Health Association
British Columbia
Mental health for all

Workplace Mental Health Workshops



Improve mental health in your workplace

www.cmha.bc.ca

Let us help you create a mentally healthier workplace

More than 40% of Canadians will experience challenges with their mental health during their working years. Of those, 2 out of 3 suffer in silence rather than seeking help.

Work with us to ensure your employees get the support they need. A psychologically healthy and safe workplace is within your reach.

All-Staff Presentations

Awareness of Mental Health at Work

This workshop is designed to help build comfort in talking about mental health and mental illness and learn how to respond in a supportive way to co-workers who may be experiencing a mental illness. This workshop is suitable for employees and general audiences.

Cost: \$500–1500 for 1- to 4-hour workshop



Frontline Workers

Responding with Respect— On the Front Line

Give your frontline staff the tools they need to work with clients who may be experiencing distress due to mental illness. Learn how to recognize those who may be experiencing a mental health problem, respond to them and refer them to further help.

Cost: \$2000 for 4-hour workshop

Understanding Addiction

This unique online training program for those who work directly or indirectly with people who face challenges with addiction helps build knowledge, self-awareness and skills to better support and provide services to people living with an addiction.

Cost: \$150 for access to the 8-session online course. Register at understandingaddiction.ca

Compassion Fatigue

This workshop helps us understand what compassion fatigue is and to use the ABCs of prevention: building **A**wareness and recognizing the signs in ourselves and those around us; developing skills to bring **B**alance in our lives through effective coping strategies and understanding the difference between depleting and nourishing activities; and strategies to re-**C**onnect and build positive support systems in our personal and work lives.

Cost: \$500–\$1500 for 1- to 4-hour workshop



Crew Talks

Learn about the continuum of mental health and risk and protective factors, hear a personal story and gain tools to start a conversation with fellow workers who may be showing signs of illness. The session encourages peer-to-peer support.

Cost: \$250 for 1-hour workshop plus travel, depending on location

For My Health Workplace Screening

For My Health is a fun and interactive health promotion event that integrates physical and mental health screening and education.

Cost: Please contact us for pricing

Leaders and Managers

Mental Health Works

Build mental health awareness and skills for responding to challenging situations, to create a healthier, safer workplace.

Cost: \$1500 for 4-hour workshop

Safe and Sound

Learn how to have supportive conversations around mental health issues and about tools available to help create a mentally healthy workplace. This includes a review of local policies or regulations and an overview of the *National Standard of Canada for Psychological Health and Safety in the Workplace*.

Cost: \$1500 for 3-hour workshop

Psychological Health and Safety for All

In this workshop for health and safety representatives and stewards, you'll learn about provincial requirements as well as national standards for protecting and promoting psychological health in the workplace for all.

Cost: \$2000 for 4-hour workshop

Psychological Health and Safety Advisor Training

This training will give you the skills to implement the *National Standard*. Developed to provide an experiential learning opportunity, this training prepares you to assess readiness for change, apply tools to assess and analyze psychological health and safety, and prepare an implementation plan.

Cost: \$1500 per person for 2-day workshop