

Workplace Mental Health Online Workshops



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 workshops are delivered online.

All-Staff Workshops

Awareness of Mental Health at Work

Designed to help build comfort in talking about mental health and mental illness. Learn how to respond in a supportive way to co-workers who may be experiencing a mental illness.

Cost: \$500–1000 for 1- to 2-hour workshop

Resiliency in Response to Abnormal Times

Build resiliency while experiencing normal reactions during this abnormal time in the midst of COVID-19. Develop an understanding of the impact of current stressors on our well-being, how to recognize the signs of stress, and how to react appropriately.

Cost: \$500 for 1-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 or stress. Participants gain knowledge on how to recognize when a person may be experiencing a mental health problem, respond to them, and refer them to further help.

Cost: \$500–1500 for 1- to 3-hour workshop

Compassion Fatigue

Understand what compassion fatigue is and how to prevent it. Build awareness and recognize the signs in yourself and those around you, develop skills to bring balance into your life, and learn to re-connect and build positive support systems in your personal and work life.

Cost: \$500 for 1-hour workshop

Leaders and Managers

Safe and Sound: Creating a Psychologically Healthy and Safe Workplace

Creating a safe workplace goes beyond hard hats and ergonomics. It also means protecting the psychological health and safety of your employees. 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: \$500–1000 for 1- to 2-hour workshop

Psychological Health and Safety Champion Training

Build the foundational knowledge required to begin addressing psychological health and safety (PHS) in your workplace. Using the *National Standard of Canada for Psychological Health and Safety in the Workplace* as a guide, learn about the history and development of PHS in Canada; gain understanding of core concepts like psychological health, safety, and risk; and receive an expert overview of the core components of the Standard. Using a case study approach, participants will be able to apply their knowledge in order to practice articulating the benefits of addressing PHS and determining initial actions to begin improving PHS in the workplace.

Cost: \$300/person for 3-hour workshop

*Prices do not include taxes

Book your online workshop today!

Customized workshops are also available

Contact us:

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

OUR TRAINERS



LUCETTE WESLEY



MARGARET TEBBUTT



GEOFF MOFFETT



GORD MENELAWS



DAVID DURNING

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 cmha.bc.ca



**Canadian Mental
Health Association**
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Mental health for all

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