



WORKPLACE MENTAL HEALTH & WELLNESS WORKSHOPS

Education Series

November 2019

Mental health is a state of well-being which every individual realizes their own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to their community. — World Health Organization

Let Us help You Thrive at Your Workplace.

Mindfulness 1.5 hours What is Mindfulness? The science behind and the benefits to individuals and workplaces. Includes practice and reflection.

Stress Less at Work 1.5 hours Learn the signs and symptoms of stress, strategies for coping with stress, and how to help yourself and others improve their mental wellbeing. Reducing stress in the workplace has far-reaching benefits, including higher work satisfaction, reduced absenteeism, and increased productivity

Optimizing Your Resilience 1.5 hours Difficult situations can't always be avoided, but we can develop the skills and tools we need to navigate through the ups and downs of life. Learn the protective factors that help instill resilience so you can thrive in your work and personal life, even in the midst of trying times.

Mental Health in the Workplace; Guarding Your Health and Wellbeing 1.5+hours Provides an understanding of mental health, equip staff with the tools and skills to promote wellbeing and what is needed to create psychologically safe workplaces. Overview of resources for all employees to take care of their mental health.

Mental Health Strategies for Leaders 1.5—3 hours An introductory course to understand core concepts of mentally healthy and psychologically safe workplaces. Return on investment, key factors to be aware of, how to manage challenges, and the best resources available to help your workplace protect and promote psychological health and safety.



Flagship Courses

ASIST- 2-day workshop (Applied Suicide Intervention Skills Training)

SafeTALK – 3.5 hour workshop (Suicide Alertness for Everyone)

SuicideTALK– 1.5 hours online course (Suicide Awareness)

Living Life to the Full – 8 weekly—90 minute sessions (mental health and resilience life skills)

Mental Health First Aid -2 -day workshop (recognize mental health problems and how to respond respectfully <https://www.mhfa.ca/en/course-types>)

MENTAL ILLNESS AFFECTS YOUR WORKPLACE

