



## IMPROVE MENTAL HEALTH IN YOUR WORKPLACE TRAINING OPPORTUNITIES

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

### Let us help you create a mentally healthier workplace

Twenty percent of Canadians will experience a diagnosed mental illness in their lifetime but more than 40% will experience challenges with their mental health during their working years

Of those 40%, 2 out of 3 people suffer in silence fearing judgment rather than seeking treatment.

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



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

The Canadian Mental Health Association (CMHA), founded in 1918, is one of the oldest voluntary organizations in Canada. Each year, we provide direct service to more than 100,000 Canadians through the combined efforts of more than 10,000 volunteers and staff across Canada in over 120 communities.

## All-Staff Presentations

CMHA BC can customize a presentation for your workplace, either as a presentation or a workshop. Topics for larger staff groups may include:

- Awareness of Mental Health at Work
- Resiliency
- Social Support

**Cost: \$500–750 for 1 to 2-hour workshop. No maximum number of attendees.**

## Union and Occupational Health and Safety Representatives

### Safe & Sound: Building a Psychologically Safe Workplace

Learn about how to promote mental health and address mental illness, including addiction, in the workplace from a health and safety perspective. This workshop includes a review of local policies or regulations, and provides an overview of *National Standard of Canada for Psychological Health and Safety in the Workplace*.

**Cost: \$1500 for 3-hour training session. Discount offered for multiple sessions booked. Max 30 attendees.**

## Front Line Workers

### Responding with Respect

Give your front line 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 those who may be experiencing a mental health problem, respond to them and refer them to further help.

**Cost: \$1500 for 3-hour workshop. Max 25 attendees.**

### Mental Health First Aid

Provide training for your team to provide initial help to people who are showing signs of a mental health problem or experiencing a mental health crisis.

**Cost: approximately \$200 per person for 2-day training.**

### Suicide Prevention Training

Most people with thoughts of suicide don't truly want to die, but are struggling with the pain in their lives. Help your staff feel more comfortable asking employees or colleagues about suicide and give them the tools they need to intervene and access support.

- 3-hour SafeTALK workshop
- 2-day ASIST suicide intervention and suicide first aid training

**Please contact us for pricing. Training can be hosted on site.**

## Leaders and Managers

### Mental Health Works

Addressing the mental health needs of your workers starts with training your managers to notice when employees are struggling. Give them the tools and skills they need to open a dialogue with employees that are showing signs of distress or overwhelm. This has been identified as one of the most cost-effective and practical interventions a workplace can invest in.

**Cost: \$1500 for 3-hour or \$2500 for 6-hour training session. Max 25 attendees.**

## First Responders

### Resilient Minds—Building the Psychological Health of Firefighters

CMHA offers a modular training to enhance the mental health of firefighters. The training can be delivered directly to teams or by a train the trainer program. The skill-building workshops provide comprehensive information on trauma, mental health problems, and resiliency.

**Please contact us for pricing.**

## Organizational Change Agents

### Psychological Health and Safety Advisor Training

If you are committed to improving psychological health and safety in your workplace, and want to approach it systematically and sustainably, this training will give you the skills to implement the *National Standard of Canada for Psychological Health and Safety in the Workplace*. Developed to provide an experiential learning opportunity, this training prepares agents 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 training.**

### Peer Support Program Development and Support

Attend our workshops on building and sustaining a peer support program. Peer support allows you to leverage the lived experience of mental illness and recovery in your workplace. It's a proven way to increase psychological support and protection in your workplace.

**Please contact us for pricing.**

## ...and a lot more!

### Executive Presentations

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

### Consultation Services

We can help you develop a mental health strategy, a mental health policy, a peer support program, or implement the *National Standard of Canada for Psychological Health and Safety in the Workplace*.

**Keynotes and custom workshops are also available.**

## CMHA TRAINERS



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



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**Book your workshop today!**

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