

Safe and Sound: Creating a psychologically healthy and safe workplace

Supervisor Training and Crew Talks



Supervisor Training

Knowing what to look for and how to approach workers who may be struggling is an important part of creating a healthy and safe workplace. Give your supervisors and leaders the skills they need to better recognize the signs of mental health concerns in the workplace.

This workshop provides an overview of a psychologically healthy and safe workplace, and includes a review of local policies or regulations.

Participants learn the skills to have supportive conversations around mental health issues. They leave the workshop knowing more about the tools available to help them creating a mentally healthy workplace, including Canada's National Standard on Psychological Health and Safety in the Workplace.

Course Length: 3 hours

Fee: \$1,500

For: Supervisors, union representatives, and occupational health and safety representatives

Instructor: Gord Menelaws

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.

For more information please contact workplaces@cmha.bc.ca



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

www.cmha.bc.ca



Mental Health (MH) Crew Talk

It's not always easy to communicate important health and safety information to your full employee group. The Safe and Sound Mental Health Crew Talks allow you to schedule 45 minute sessions during regular team meetings or safety huddles without disrupting a shift.

Participants learn about the risk and protective factors associated with mental illness. They hear a personal story, and learn initial tools to start a conversation with fellow workers who may be showing signs of illness.

As with any health and safety issue, and with physical illnesses too, it is crucial to intervene early when you

suspect a coworker is struggling with mental illness. It's also important to ensure you make resources available and communicate them so people know who to call if things aren't going well. The Safe and Sound Mental Health Crew talk is an inexpensive and easy way to start an important conversation in your workplace.

Course length: 45 minutes

Fee: \$250 per crew talk or flat \$1,000 per day (up to 5 sessions)

For: All staff

Instructor: Gord Menelaws

Gord Menelaws

Gord works for Teck Trail Operations as the Wellness and Learning Coordinator. From 2006 to 2016, he was the full time Health and Safety Chair for the United Steelworkers Local 480 in Trail, BC.

Gord's personal and family history of mental illness drives his passion for helping others.



“The conversations you have, and the actions you take, may save someone’s life.”