



Safe and Sound Creating a Psychologically Healthy and Safe Workplace

www.cmha.bc.ca/workplace

3 hours (\$1500)

For supervisors, leaders and Occupational Health and Safety representatives

This workshop provides insight into the components of a psychologically healthy and safe workplace, and includes a review of local policies or regulations to help position psychological safety as a safety issue. Participants learn skills to more effectively have conversations around mental health issues, bullying and harassment, and they leave the workshop with a greater understanding of the tools available to support them achieve positive mental health for themselves and their workplaces. The workshop also includes a discussion about Canada's National Standard on Psychological Health and Safety.

Participants are also encouraged to attend Mental Health Works workshops as a way to provide a deeper and more meaningful learning experience.

Certified trainers: Julia Kaisla, Gord Menelaws, Margaret Tebbutt



About our workshops

CMHA BC offers a range of workshops for workplaces. All can be tailored to your specific needs. Workshops are delivered by certified trainers. Costs range from \$500 to \$3000 workshop depending on the workshop chosen, size of group, location and workshop length.

Please contact me to discuss your needs

E-mail: julia.kaisla@cmha.bc.ca



Canadian Mental
Health Association
British Columbia
Mental health for all

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