

Workplace Mental Health

WORKSHOPS AND TRAINING

Let us help you create a
mentally healthier workplace.

From all-staff presentations to building specialized skills, work with us to ensure your employees and members get the support they need. A psychologically healthy and safe workplace is within your reach.

DID YOU KNOW?



70% of Canadian employees are concerned about the mental health and safety of their workplace



The total cost from mental health problems to the Canadian economy exceeds **\$50 billion** annually.



More than **500,000** Canadian employees per week are unable to work due to mental health problems.



For every \$1 invested in workplace mental health, the median **yearly return is \$1.62.**

Workshop Descriptions

MENTAL HEALTH AT WORK (MHW)

MHW: Awareness

1-hour to 4-hour workshop | \$500 to \$2000

This workshop helps workers (as employees and/or union members) gain understanding and build comfort in talking about mental health and mental illnesses. Participants learn how to support co-workers who may be experiencing poor mental health. In the 4-hour workshop, participants gain more knowledge and explore practical ways to develop their mental resiliency.

MHW: Managers, Supervisors & Union Leaders

2-hour or 4-hour workshop | \$1000 or \$2000

In this workshop, participants will gain an understanding of mental health and mental disorders in the workplace context, in terms of supporting individual employees/members and of building psychological health and safety in their workplace.

The 4-hour workshop provides more knowledge and opportunities to build skills in recognizing and addressing signs of possible health issues affecting an employee/member as well as steps to improve factors that influence well-being at work. Both the 2 and 4-hour workshops are interactive, with opportunities for discussion.

MHW: On the Front Line

4-hour workshop | \$2000

Give your front-line staff the tools they need to work with clients or members of the public who may present with challenging behaviours and/or distress due to stress or mental illness. Participants gain knowledge and hands-on experience in:

- Noticing when a person may be experiencing a mental health problem
- Using responses that are appropriate for the situation
- Providing resources as needed

MHW: Resiliency During Unusual Times

1-hour to 4-hour workshop | \$500-\$2000

Learn how you can build resiliency even while experiencing normal reactions to this unusual time in the midst of COVID-19. Develop an understanding of the impact the current stressors have on our well-being, how to recognize the signs of stress, and how to react appropriately.

MHW: Compassion Fatigue

1-hour to 4-hour workshop | \$500 to \$2000

This workshop is designed to help us understand what compassion fatigue is, and to use the ABCs of prevention by:

- building *Awareness* and recognizing the signs in ourselves and those around us;
- developing skills to bring *Balance* in our lives by using effective coping strategies and understanding the difference between depleting and nourishing activities;
- and to *Connect* and build positive support systems both in our personal and work life.

PSYCHOLOGICAL HEALTH AND SAFETY (PHS)

Introduction to PHS

2-hour or 4-hour workshop | \$1000 or \$2000

Learn how to promote mental health and protect workers' psychological safety in the workplace from an occupational health and safety perspective. The 4-hour workshop provides opportunities for participants to explore practical ways for their worksite to implement Canada's National Standard for Psychological Health and Safety in the Workplace.

1 in 5 of us will experience mental illness this year. All of us benefit from environments that support our mental well-being.

Getting help can be difficult due to costs of treatment, access and stigma. Workplaces can help.



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



PHS Champion Training

\$300 per person

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 its history and development; 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.

PHS Advisor Training

2-day training | \$1250 per person

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 PHS in the Workplace. Developed to provide an experiential learning opportunity, this training prepares agents to assess readiness for change, apply tools to analyze psychological health and safety, and prepare an implementation plan.

ADDITIONAL COURSES

Responding with Respect: Workplace Mental Health Skills for Managers

4-hour or 7-hour workshop | \$2000 or \$3500

A highly effective workshop designed to reduce the negative impact of mental health problems in the workplace. Designed specifically for managers and supervisors to build on their knowledge and skills to support an employee when they are struggling with a mental health challenge.

Understanding Addictions

\$150 per person

This is a unique, online, self-paced training program for those who work directly or indirectly with people who face challenges with addiction that helps to build knowledge, self-awareness and skills to better support and provide services to people living with an addiction.

The course is delivered through eight interactive online lessons. Each 60 to 90-minute lesson features opportunities for personal reflection, downloadable resources for in-person learning, and an open forum for discussion. Participants have three months to work through the lessons at their convenience and can start the training at any point during the three months.

Additional Services

Consulting 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.

Presentations

Our Senior Trainers are experienced in delivering conference presentations. We can also work with you to develop customized training for your organization. Call us to discuss how we can help.

“This session was so well presented, the time just flew by...the fact that [the instructor was] able to share and link to [his] personal situation created such an engaging connection, making this session so very, very worthwhile for me. I am so honored and grateful to have been included in your presentation. THANK YOU!!”

– Workshop participant, February 2021

“This is the best training I have had in as long as I can remember”

– Workshop participant, October 2020

About the CMHA

The Canadian Mental Health Association (CMHA) has been the leading advocate for mental health for over 100 years. Our goal in developing this education is to intervene earlier in the workplace in order to reverse the pattern that is leaving over 500,000 Canadian employees per week unable to work due to poor mental health.

Founded in 1918, 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 www.cmha.bc.ca

Contact Information

Contact us today to find out why CMHA is the trusted source for workplace training that can also help you implement the National Standard of Canada for Psychological Health and Safety in the Workplace.

Book your workshop today!

Contact us:

Workplace Programs Manager
workplaces@cmha.bc.ca
604-688-3234 ext 6317

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