



The Workforce  
**Mental Health**  
Collaborative  
Training • Resources • Support

The Canadian Mental Health Association (CMHA) has been a leader and champion for mental health since 1918. In keeping with its Mission, CMHA is dedicated to supporting workplace psychological health and safety. It provides employers and unions with training, information resources, and consultation services to support employee mental health and overall health and well-being.

## TRAINING

**Mental Health Works:** From talking to your employees who may be struggling with mental health issues, to understanding legal rights and responsibilities, employers will find resources to help make their workplace more mentally healthy and psychologically safe through various Mental Health Works products and services. Mental Health Works provides person centred, evidence based, solutions focused workshops to both employers and employees on awareness, responding skills, and collaborative change. Visit the Mental Health Works website at [www.mhworks.ca](http://www.mhworks.ca).

**CMHA Certified Psychological Health and Safety (PH&S) Advisor Training:** Develop your ability to deal with employers challenges, obstacles, or needs related to PH&S. This groundbreaking certification, supported by the Great-West Life Centre for Mental Health in the Workplace, provides training for individuals and consultants who want to create psychologically healthier and safer workplaces. Visit [www.cmha.ca](http://www.cmha.ca) for more information.

## RESOURCES

**Bottom Line Conference:** Since 2001, CMHA's annual National Bottom Line Conference has brought together business leaders, policy-makers, researchers, and workers to improve mental health in Canadian workplaces. Through interactive workshops and dynamic speakers, participants receive detailed, tangible and actionable information to improve organization and individual employee psychological health and safety. Visit the Bottom Line Conference website at [www.bottomlineconference.ca](http://www.bottomlineconference.ca).

## SUPPORT

**Consultative Support:** Internal CMHA PH&S Advisors provide consultative support to organizations to improve psychological health and safety or implement the National Standard of Canada for Psychological Health and Safety in the Workplace.

**Public Speakers:** CMHA PH&S Advisors and Mental Health Works Trainers have diverse expertise in workplace mental health that can help build awareness and increase knowledge about workplace mental health through engaging presentations.

Contact Sarika Gundu, National Director, Workplace Mental Health Program at [sgundu@cmha.ca](mailto:sgundu@cmha.ca) or visit [www.cmha.ca](http://www.cmha.ca) for more program details.

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STRONGER COMMUNITIES TOGETHER™



Canadian Mental  
Health Association  
*Mental health for all*

Association canadienne  
pour la santé mentale  
*La santé mentale pour tous*

## ADDITIONAL RESOURCES

**Mental Health and Work:** Mental Health and Work: In collaboration with the Workforce Mental Health Collaborative, this program teaches you the skills to support yourself and/or others through the recovery process and in returning to work. The courses are delivered in an interactive online format by a peer-trained mental health facilitator using a variety of e-learning tools to meet the needs of the students. There are currently two versions available.

1. A 12 week course geared towards individuals who are off work, having difficulty at work, or returning to work due to a mental health issue or diagnosis. The course will equip you with the skills, knowledge and confidence to continue pursuing a rewarding career.
2. 3 courses (4 weeks each) geared towards anyone interested in learning about mental health in the workplace: Recovery, Self-Management and Return to Work – Workplace Strategies.

The curriculum incorporates peer-based principles and methods to foster recovery, develop communication skills, and demonstrate self-management, self-confidence, and resilience characteristics.

For more information on Sheridan's Mental Health and Work program, visit <https://caps.sheridancollege.ca/products/mental-health-and-work.aspx>.

**The Great-West Life Centre for Mental Health in the Workplace** (the Centre) is a leading source of free, practical tools and resources designed to help Canadian employers with the prevention, intervention and management of workplace mental health issues. Visit the Centre's website at [www.workplacestrategiesformentalhealth.com](http://www.workplacestrategiesformentalhealth.com).

All of the Centre's tools and resources are available in English and French to anyone, anywhere, at no cost:

### Management Training

- Managing Mental Health Matters (scenario-based training for managers, supervisors and other leaders)

### Mental Health Awareness

- Working Through It™ (videos from real people who struggled with mental health issues at work)

### Promote Mental Health at Work

- Take Your Break (daily break activity ideas for individuals in the workplace)

### Psychological Health and Safety Solutions

- On the Agenda (videos and slide presentations on factors that influence psychological health and safety)
- Guarding Minds @ Work™ (self-serve psychological health and safety assessment resource)
- Psychological Health and Safety Management System (organizational framework to help develop a psychological safety program)

### Free Training and Tools

- Printable Resources and Reports (posters, brochures, booklets, guides, reports, and more).

Our team can help your organization make psychological health and safety a priority!

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