



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

Workplace
Mental Health



Workplace Mental Health Resources to Help Employers and Workers

The following list contains links to just some of the helpful resources provided by MHCC and partners to help employers (and Canadians in general) through COVID-19

[Wellness Together Canada](#) – a free confidential online service for mental health and substance use support, resources, and counselling with a mental health professional.

[MHCC COVID-19 Resource Hub](#) – links to credible information and resources about maintaining mental health during this time of crisis, to supporting people managing a mental illness in this new context.

[COVID-19 resources for the workplace](#) – direct links to The Working Mind training page and links to free resources specifically focused on workplace mental health. More to come. Check back often. This is where you will find many resources available, free of charge, including:

[Suicide Prevention in the Workplace - Mental Health Commission of Canada](#)

[Mini-guide to help employees' mental health through winter](#)

[Guidelines for Building Mental Health into Operations During a Pandemic](#)

[Conversation Guides for Leaders and Managers](#)

[Flexible Work Tip Sheet](#)

[Pandemic Response Action Plan](#)

[Preventing Retraumatization](#)

[Temporary Work at Home Ergonomics Guideline](#)

[Social Stigma and COVID-19: What Employers Need to Know](#) – video interview with Dr. Keith Dobson, Professor of Clinical Psychology, University of Calgary

Some specific resources (available from the MHCC Resource Hub)

[Talking to someone in crisis during COVID-19 - Mental Health Commission of Canada](#)

[How can I help my team poster](#)

[How am I doing poster](#)

[Mental Health Continuum Self-Check Tool](#)

[How can I help someone in mental distress poster](#)

[The Working Mind COVID-19 Self-care & Resilience Guide](#)

[Coping With Stress, Anxiety, And Substance Use During Covid-19](#)

[Coping with Stress, Anxiety, and Substance Use During Covid-19: How Animals Can Help](#)

[Virtual Care for Mental Health and Substance Use During COVID-19](#)

[Managing COVID-19 financial stress](#)

[How to manage return anxiety as the lockdown lifts - Mental Health Commission of Canada](#)

Other important resources

[On the agenda workshop series \(workplacestrategiesformentalhealth.com\)](https://workplacestrategiesformentalhealth.com)

[A tool to support employee success \(workplacestrategiesformentalhealth.com\)](https://workplacestrategiesformentalhealth.com)

[What is the Psychologically Safe Leader Assessment? \(workplacestrategiesformentalhealth.com\)](https://workplacestrategiesformentalhealth.com)

Studies and Tools

Leger Poll: [Leger Poll: The Relationship Between Mental Health and Substance Use During COVID-19 | Mental Health Commission of Canada](#)

CMHA/UBC Report: [CMHA and UBC release data on the emotional impact of the pandemic for Mental Health Week \(cmhastarttalking.ca\)](#)

Good for people, good for business? This is a framework that gives organizations the ability to see the impact on key performance indicators from baseline to a target over a 5 year period.

<https://www2.deloitte.com/content/dam/Deloitte/ca/Documents/about-deloitte/ca-en-about-blueprint-for-workplace-mental-health-final-aoda.pdf>

<https://www.medaviebc.ca/en/insights/posts/the-cost-of-doing-nothing-calculator> - It doesn't include the cost of workers' compensation claims related to psychological or chronic stress, or the cost of employee benefits or long term disability, which can be enormous. But it does include sick time, chronic strain, uncontested discipline, harassment investigations, and grievances, which are all important indicators. It helps to get people really thinking about the costs associated with poor management of psychosocial risk factors in the workplace.

Training:

[The Working Mind Virtual](#) - Virtual training available

[Mental Health First Aid](#) - Virtual training available

Psychological Health and Safety in the Workplace: Senior Leader's Workshop – Virtual training available

For more information contact:

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