

Mental Health Awareness: *Working Through It*.

On this website, you will find a variety of ways to assist yourself and your employees who are experiencing mental issues. Learn how employees managed their mental health at work and off work in *Working Through It*.

Increase mental health awareness – for yourself, for your team and for your organization. These resources can help reduce stigma, increase wellness, and improve workplace psychological health and safety. Free resources, videos and strategies are provided.

Individual Awareness

If you are a manager or team leader, you may already be thinking about how you can increase mental health awareness with very little time or budget. How about having access to a sustainable, no-cost approach that is available to you every week?

Begin a Workplace Dialogue

To help make this even more effective, consider what's being discussed in each week's email and use it as an opportunity to open dialogue within your team.

The timing to get started using this resource is ideal. The National Standard of Canada for Psychological Health and Safety in the Workplace raises the urgency, as well as the responsibility, for employers and organizations to increase awareness about mental health and mental illness in the workplace.

Increasing Mental Health Awareness in 5 Minutes a Week

The *Working Through It* weekly emails will include links to a short video clip or a resource document that you can share with employees to inform and inspire them about taking charge of their mental health issues at work, off work and when returning to work.

The purpose of this service is to open dialogue, increase understanding and remove some of the stigma that surrounds mental health issues. Viewing the videos and resources will take, on average, less than five minutes of an employee's time each week. They are not intended to be sent to specific individuals, but rather to your entire team including, if possible and appropriate, any team members who are away from work on leave.

