



## Sample Topic: MENTAL HEALTH PROMOTION & SUPPORT



AWARENESS RAISING ACTIVITIES	EDUCATION & SKILL-BUILDING ACTIVITIES	ENVIRONMENTAL SUPPORTS	SUPPORTIVE POLICIES
<p>Distribute credible information on your workplace wellness bulletin boards, by e-mail or on your intranet such as:</p> <p>Pamphlets from the <a href="#">Canadian Mental Health Association</a></p> <p>Posters, fact sheets, or articles from the <a href="#">Canadian Centre of Occupational Health and Safety: Healthy Minds</a></p> <p>Posters, postcards, web banners, infographics and other communications from <a href="#">Not Myself Today</a></p> <p>Posters, newsletters or social media images from the <a href="#">Bell Let's Talk</a> campaign</p> <p><a href="#">Working Through It videos</a> from the <a href="#">Workplace Strategies for Mental Health</a></p>	<p>Host a Lunch &amp; Learn or an education session led by:</p> <p><a href="#">Canadian Mental Health Association (CMHA) – Windsor Essex County Branch</a></p> <p><a href="#">Family Services Windsor-Essex</a></p> <p>Contact <a href="mailto:cdip@wechu.org">cdip@wechu.org</a> call 519-258-2146 ext. 3200 for a list of possible speakers</p> <p>Have a <a href="#">Take Your Break</a> workplace challenge.</p> <p>Host a stress reduction or relaxation workshop.</p> <p>Host an archived webinar from the <a href="#">Canadian Centre of Occupational Health and Safety: Healthy Minds.</a></p> <p>Host an archived Healthy at Work webinar from the Winsor-Essex-County Health Unit:</p> <p><a href="#">Healthy Holidays: A Last Minute Survival Guide</a></p>	<p>Provide employees training on:</p> <p>Mental health illnesses to help reduce stigma and discrimination</p> <p>Roles and responsibilities regarding workplace harassment or</p> <p>Conflict resolution</p> <p>Provide management training to recognize and act upon signs of distress in employees such as:</p> <p><a href="#">Mental Health First Aid</a></p> <p><a href="#">Applied Suicide Intervention Training (ASIST)</a></p> <p>Offer counseling through an Employee &amp; Family Assistance Program (EFAP) provider.</p> <p>Implement changes based on the <a href="#">Questionnaire for Workplace Psychological Health and Safety.</a></p> <p>Create a quiet relaxation room for employees.</p>	<p><a href="#">Baby Friendly Workplace Policy</a></p> <p>Compressed Work Week Policy</p> <p>Employee Assistance Program (EAP) Policy</p> <p>Employee Recognition Policy</p> <p>Family Leave Policy</p> <p>Job Sharing Policy</p> <p>Mental Health Stigma Reduction Policy</p> <p>Psychological Safety in the Workplace Policy</p> <p>Reimbursement for Stress Reducing Programs/Activities Policy</p> <p><a href="#">Telework Policy</a></p> <p><a href="#">Violence in the Workplace Policy</a></p> <p><a href="#">Workplace Harassment Policy</a></p> <p>Offer benefits to all employees (e.g., vacation time, sick leave, health benefits).</p>



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	<p><a href="#">Mental Health: You Are Not Alone</a></p> <p><a href="#">Reduce Your Holiday Stress</a></p> <p><a href="#">Curb Your Stress, Eat Well</a></p> <p>Show a <a href="#">Have That Talk</a> video and facilitate a discussion on 1 of the 13 factors in the National Standard for Psychological Health and Safety in the Workplace.</p> <p>Have management complete the <a href="#">Questionnaire for Workplace Psychological Health and Safety</a>.</p> <p>Encourage employees to complete the online training from the <a href="#">Canadian Centre for Occupational Health and Safety</a> such as:</p> <p><a href="#">Assembling the Pieces Toolkit</a> on implementing the National Standards of Canada for Psychological Health and Safety in the Workplace</p> <p><a href="#">Being a Mindful Employee: An Orientation to Psychological Health and Safety in the Workplace</a></p> <p><a href="#">Mental Health: Awareness</a> or the other 5 courses on <a href="#">Mental Health</a></p>	<p>Encourage flexible work arrangements, (e.g., compressed work week or working from home).</p> <p>Conduct a <a href="#">Stress Audit</a> and make necessary changes.</p> <p>Encourage employees to take breaks.</p> <p>Create a process to acknowledge employee achievements in a timely manner or to seek employee input to make workloads manageable.</p> <p>Implement a mentorship program that connects inexperienced and experienced employees.</p> <p>Provide child care or eldercare services to help with work-life balance.</p> <p>Offer professional development opportunities.</p>	<p>Implement effective and accessible grievance procedures.</p>



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	<p><a href="#">Bullying in the Workplace</a></p> <p><a href="#">Dealing with Difficult or Hospital Customers</a></p> <p><a href="#">Domestic Violence in the Workplace</a></p> <p><a href="#">Stress in the Workplace</a></p> <p><a href="#">Violence in the Workplace: Awareness</a> or the other two courses on <a href="#">Violence in the Workplace</a></p>		