

# EMPLOYER & EMPLOYEE MENTAL WELLNESS

Psychological Health and Safety in the Workplace



## Workshop Presentation:

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The presentation is about an hour in length, 45-minute power point and 15-minute Q&A. Below is a quick outline of what is cover.

- What is health and what is good health
- Challenges for employers and employees
- What are the realities we are facing
- Problems and illnesses related to poor mental health for employers and employees
- A focus on the 13 Factors of Psychological Health and Safety in the Workplace as outlined in the National Standard of Canada as approved by the Standards Council of Canada
- The Standard is a document that outlines a systematic approach to develop and sustain a PH&S workplace. It focuses on mental illness prevention and mental health promotion. It's intended for everyone whether they themselves live with mental illness or not.
- Accommodation in the workplace, tips for both employer and employee.
- Provide customized industry resources and supports

**There is no cost to this presentation.**

*The guideline provided to employers and employees provides relevant definitions, identifies risk factors for poor workplace psychological health, and provides practical strategies for various levels of an organization, from management to employee to improve workplace psychological health.*