



Canadian Mental
Health Association
Nova Scotia
Mental health for all

WORKSHOP MENTAL HEALTH IN THE WORKPLACE

DID YOU KNOW?

Companies with high levels of mental health awareness report less absenteeism, higher employee retention and a stronger workforce.

Why invest in your employees' mental health?

Before the COVID-19 pandemic, one in five Canadians experience mental health problems, but today, approximately 50% of Canadians say their mental health has worsened due to COVID-19. We have learned, in the hardest way, that employee well-being is critical to a business's success. Never has there been more urgency for organizations to champion mental health initiatives in their workplace.

Mental Health in the Workplace provides EMPLOYEES and EMPLOYERS with the tools and resources to successfully establish and maintain a healthy workplace.

PLEASE NOTE: This session is not a clinical training, but rather an opportunity to raise awareness about mental health and to provide EMPLOYEES and EMPLOYERS with the tools and resources to successfully establish and maintain a healthy workplace.

DETAILS:

Duration: 180 minutes (3 hrs)

Fee: \$600 plus tax (*non-profit rate available. Inquire within*)

Learn to:

- Understand how mental health and illness can impact the workplace
- Increase awareness of the workplace as a social mental health support
- Supports to discuss mental health with colleagues
- Learn and discuss strategies to promote mental health, in employees, and within the workplace

To register or request information on our education and training sessions, please contact Elizabeth Baker, Education and Training Lead at elizabeth.baker@novascotia.cmha.ca