



Canadian Mental
Health Association
Nova Scotia
Mental health for all



Accredited
IMAGINE CANADA

Workplace Mental Health

Workshops and Training

Let us help you build a
mentally healthy workplace.

Canadian Mental Health Association Nova Scotia Division
Suite 201 - 3-644 Portland Street, Dartmouth, Nova Scotia | B2W 6C4
Website: www.novascotia.cmha.ca | Charitable Number: 133465609RR0001

A psychologically healthy and safe workplace is within your reach.

At the Canadian Mental Health Association Nova Scotia Division we walk alongside workplaces to provide best practices and strategies to support healthy workplaces.

We are dedicated to collaborating with workplaces to deliver training that is focused on solutions. We deliver unique interactive learning experiences to support a workplace that's safe and healthy for all.

Many of our workshops can be offered in person or virtually, based on your training needs.

Topics include but are not limited to:

- Mental Health Awareness
- Burnout, Boundaries and Self-Care
- Psychological Health and Safety Standards
- Workplace Accommodations
- ASIST [Suicide Prevention]
- SafeTALK [Suicide Prevention]
- Changing Minds

Contact our Education and Training team at education@novascotia.cmha.ca to book your workshop today!

