



Making Mental Health a Priority

Let the truth be known—mental illness affects 7.5 million Canadians. That's 20 percent of the population, and approximately one-fifth of the workforce, doing battle with this inner demon daily. Does your organization adhere to best practices when it comes to mental health in the workplace?

Mental health is not linear, nor are the solutions simple. The Canadian Mental Health Association (CMHA) alongside the Mental Health Commission of Canada (MHCC) has developed a Takeaways Toolkit—a resource aimed at preventing psychological harm and promoting psychological health. The toolkit is based on the results of MHCC's 2018 Case Study Research Project, which

examined how 40 workplaces implemented the National Standard for Psychological Health and Safety in the Workplace.

Learn more about the latest in mental health guidelines and research, use the **Takeaways Toolkit on Implementing the Standard** provided by the CMHA and MHCC. For more information on workplace mental health and how it can impact you, visit the **Canadian Mental Health Association website**.



Did you know?

Wednesday, January 30th is **#BellLetsTalk Day**.