



## Workplace Resources to Support Mental Health

Foundational | Assessment | Planning | Action | Full-Service Consulting

### FOUNDATIONAL

#### **National Standard of Canada for Psychological Health and Safety in the Workplace**

The set of voluntary guidelines, tools and resources intended to guide organizations in promoting mental health and preventing psychological harm at work.

<https://www.mentalhealthcommission.ca/English/what-we-do/workplace/national-standard>

#### **Assembling the Pieces: National Standard Implementation Guide**

A guide to help users understand where to start and how to move their organization through the initial planning stages to full implementation of the Standard. Based on a 4-part framework: Building the Foundation, What Are Your Opportunities? What Are Your Objectives? Implement the Plan. <https://www.csagroup.org/article/spe-z1003-implementation-handbook/>

#### **Wellness Works Canada**

Simple, evidence-informed, cost-effective education, resources, and certifications.

<https://www.resources.wellnessworkscanada.ca/resources>

### ASSESSMENT

#### **MindsMatter**

Free 3-minute online assessment that gives you 3 tangible actions to take to better support your people's mental health. <https://www.civicaction.ca/mindsmatter-3/assessmentquestions/>

#### **Guarding Minds @ Work**

Free online survey tool and summary reports comparing your organization to others.

Suggests strategies and provides resources to help you take action to improve mental health in your workplace.

<https://www.guardingmindsatwork.ca/>

### **Check Up @ Work**

20-question self-administered assessment based on best practice checklist.

<http://www.moordisorders.ca/check-up-work>

### **StressAssess**

Online survey tool designed for workers and managers interested in assessing psychosocial hazards in the workplace to identify issues. [www.stressassess.ca](http://www.stressassess.ca)

### **Canada Awards for Excellence**

A certification and awards program to validate organizational excellence and receive national recognition.

<https://excellence.ca/certification/>

### **Employee Recommended Workplace Awards**

Annual employee survey and awards program to recognize excellence in achieving a healthy, engaged, and productive workforce. Employees and the organization as a whole receive Total Health evaluations and suggestions.

<https://www.employeerecommended.com/>

### **Great Place to Work**

Annual employee survey and awards program to get recognition and develop insights to build high trust, high performance cultures. <https://www.greatplacetowork.ca/en/>

## **PLANNING**

### **Takeaways Toolkit**

Based on the National Standard for Psychological Health and Safety in the Workplace, a free online toolkit for developing and implementing your program based on what 40 workplaces have implemented and learned.

<https://cmha.ca/takeaways>

### **Workplace Mental Health Promotion**

A How-To-Guide Free online site that provides information and resources to develop a program to create mentally healthy workplaces by taking a comprehensive approach to workplace health promotion.

<http://wmhp.cmhaontario.ca/>

### **Mood Disorders Society of Canada Website and Facebook Group**

Provides employers with a framework for developing a mental health in the workplace program.

<https://mdsc.ca/workplace/>

### **Trust as the Foundation for Mentally Healthy Workplaces: Employer Guide**

A research-based employer guide outlining 10 best practices for promoting workplace mental health supported by actual workplace examples. <https://www.greatplacetowork.ca>



## **ACTION**

### **Centre for Suicide Prevention**

Offers resources including Guides, toolkits, research, articles, demographic specific guides for suicide prevention.

<https://www.suicideinfo.ca/resources//>

### **Mental Health Commission of Canada Suicide Prevention**

Resources, toolkits, webinars, fact sheets discussing and supporting suicide prevention.

<https://www.mentalhealthcommission.ca/English/what-we-do/suicide-prevention>

### **Not Myself Today**

A physical and digital toolkit that offers different plans, activities, tools and resources to engage employees throughout the workplace mental health journey. <https://www.notmyselftoday.ca/>

### **Healthy Minds at Work**

A variety of free tools and resources related to mental health at work. <https://www.ccohs.ca/healthyminds/>

### **Great-West Life Centre for Mental Health in the Workplace**

Wide range of free online resources and tips for progressing mental health in the workplace.

<https://www.workplacestrategiesformentalhealth.com/>

### **Working Through It**

Series of online videos with insights into mental health struggles, practical strategies, suggestions, and resources.

Targeted to workplace sufferers. <https://www.mooodisorders.ca/programs/in-the-workplace/working-through-it>

### **Workplace Mental Health Leadership™ Certificate Program**

Program 3-module certification/training program developed in conjunction with Queen's University for people leaders. Focus is on workplace best practices relative to mental health.

<https://workplacelearning.morneaushepell.com/en/program/workplace-mental-health-leadership™-certificate-program>

### **Mental Health First Aid Training**

To assist a person developing, experiencing the worsening of or in a mental health crisis. Not specifically workplace targeted but useful for those in manager roles. <https://www.mhfa.ca/>

### **Mental Health Works**

Workshops, webinars, events to advance all aspects of mental health in the workplace.

<http://www.mentalhealthworks.ca>

### **The Working Mind**

Evidence-based training program designed to address and promote mental health and reduce stigma in the workplace. <https://www.theworkingmind.ca/>

### **Changing Minds at Work**

Presentations and workshops designed to change minds and improve mental health in the workplace.

<https://www.mooodisorders.ca/programs/in-the-workplace>

### **CMHA Certified Psychological Health and Safety Advisor**

Training Certification training program for individuals and consultants who want to help organizations improve psychological health and safety in their workplaces or implement the National Standard of Canada for Psychological Health and Safety in the Workplace (the Standard). <https://cmha.ca/workplace/training>

### **Conference Board of Canada**

Workshops, webinars, events to advance all aspects of mental health in the workplace. <https://www.conferenceboard.ca/topics/orgperform/research/healthwellnesshr.aspx>

## **FULL-SERVICE CONSULTING**

### **HUB International Health and Performance Consulting Services**

Consulting and coaching services to help your organization design and implement strategies and targeted programs that will help improve organizational and employee health, wellbeing, safety and performance. Contact your HUB International Employee Benefits Consultant or HUB's National Practice Lead, Health & Performance, Mary-Lou MacDonald. [marylou.macdonald@hubinternational.com](mailto:marylou.macdonald@hubinternational.com)

### **Excellence Canada**

Training, coaching, and consulting services to help your organization develop its roadmap and progress through each stage. <https://excellence.ca/services/coaching-and-consulting/>

### **Wellness Works Canada**

Non-profit, member-based workplace health and performance association that supports workplace wellness practitioners and employers to build healthy, high performing work cultures. They provide simple, evidence-informed, cost-effective education, resources, and certifications. <https://www.resources.wellnessworkscanada.ca/>

### **Canadian Mental Health Association (CMHA)**

Leveraging content experts from across the country, the CMHA offers consulting, advisory, assessment, and custom training services to organizations, built around the National Standard for Psychological Health and Safety in the Workplace. CAMH Workplace Education and Consulting offers various courses and workshops to help organizations better understand and deal productively with mental illness and addictions in the workplace. <https://www.camh.ca/en/driving-change/about-camh/workplace-education-and-consulting>

