

# Promote Mental Health in Your Workplace

**Mental health in the workplace affects us all, whether we are employers or employees.** When mental health issues are not addressed and treated appropriately, there can be considerable personal and financial costs to individuals and organizations. Fortunately, with prevention, early treatment and support, many of these costs can be significantly reduced or eliminated entirely.

Some organizations have begun to focus on what they can do to support the mental health of their employees. Given predictions that depression will be the second leading cause of disability in 2020, we can expect mental health in the workplace to become a key management issue in the years to come.

## Did you know?

- 10-20% of Canadian youth are affected by mental illness.
- 1 in 5 Canadians will experience mental illness.
- 2 in 3 people suffer in silence fearing judgement.
- Up to 70% of young adults living with mental health problems report that the symptoms started in childhood.
- Suicide is among the leading cause of death in 15-24 year old Canadians, second only to accidents.
- Mental illness is NOT a form of weakness.
- You CAN recover from mental illness.

### The Canadian Mental Health Association

Peel Branch is a leading client-driven, community-based mental health organization serving the community of Peel, recognizing its diversity in culture, personal and professional needs, and attitude.

We are innovative partners in pro-actively strengthening individuals' natural supports and developing the capacity of a responsive mental health system through the government of Ontario's Central West Region. Managed with the highest of business and professional ethics, our practices, decision, activities and organizational circumstances help to maintain the integrity of our resources: human, material and financial.



Canadian Mental  
Health Association  
Peel  
*Mental health for all*

Association canadienne  
pour la santé mentale  
Peel  
*La santé mentale pour tous*

# Workshop & Presentation Fee Schedule

## ■ **Mental Health Awareness:**

Breaking through the stigma with facts!

This 1-hour session opens the conversation about mental illness; offering statistics, stereotypes, and basic facts. In addition, general coping skills and resources available are shared. **\$250**

## ■ **Living with Stress**

This 1-hour sessions helps you understand the key concepts of stress management and in developing a solid foundation for putting this information to use. **\$250**

## ■ **Self Esteem Building & Positive Thinking**

A 1-hour general overview of the factors which affect our mental health; self-esteem, stress, attitude, and social support; along with an action plan to improve all areas. **\$250**

## ■ **Understanding Mental Illness**

A 3-hour, in-depth workshop which will help you understand, and address critical needs for basic education about mental illness, stigma, and information to provide effective support to clients, families, and friends. **\$495**

## ■ **Applied Suicide Intervention Skills Training: ASIST**

This 2-day (15-hour) workshop is for anyone who wants to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide.

Over 950,000 caregivers have received this training. Just as “CPR” skills make physical first aid possible, training in suicide intervention develops the skills needed for suicide first aid.

ASIST is intensive, interactive and practice-dominated course designed to help caregivers recognize risk and learn how to intervene to prevent the immediate risk of suicide.

**\$175 Per Person**

## ■ **safeTALK**

safeTALK, about three hours in duration, is a training that prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources. Most people with thoughts of suicide invite help to stay safe. **\$75 Per Person**

## ■ **suicideTALK**

suicideTALK is a 90-minute to half-day session that invites interested community members to become more aware of suicide prevention opportunities in their community. Dealing openly with the stigma around suicide, this exploration focuses upon the question, “Should we talk about suicide?” **\$50 Per Person**

## ■ **Resiliency: at home, at school, and at work**

This 1-hour session takes an in-depth look at our own personal coping skills, and our ability to bounce back after difficult situations, and life circumstances.

Recognizing our strengths, and improving strategies will help us share these tools with our children, co-workers, friends, and family. **\$250**

## ■ **Mental Health in the Workplace; creating a healthy work environment**

This 3-hour session opens the conversation about mental illness; offering statistics, stereotypes, basic facts, and resources available in the community.

In addition, stress management tools, and general coping skills will be shared, in hopes to improve work/life balance along with self-care ideas and opportunities. **\$250**

*It is human nature to fear what we don't understand. Since many people do not understand mental illness, they fear it. Our workshops and presentations will help you better understand mental illness, and work towards removing stigma in the workplace.*



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For information, or to register, contact our Educator,  
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