



Canadian Mental
Health Association
Peel Dufferin
Mental health for all

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

WELLNESS WORKS

TRAINING & WORKSHOPS TO IMPROVE WORKPLACE MENTAL HEALTH

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.

Our Wellness Works education suite provides the workshops, courses and presentations your workplace needs to help your team learn more about mental health. Your staff will learn to improve their own wellness, manage stress and support others living with mental health concerns.

And here's the good news - every \$1 businesses invest in mental health returns \$2.30 in improved productivity – a mentally healthy workplace is worth investing in.

Know the numbers:



1 in 3 workplace disability claims are related

to mental illness, and depression will be the second leading cause of disability by 2020



1 in 5

Canadians will experience a 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



Each week, more than **500,000**

Canadians will not go to work because of mental illness



Mental Health problems and illnesses in Canada account for more than **\$6 Billion**

in lost productivity every year

Workshops and Presentations

Mental Health 101

Improve mental health awareness and psychological health and safety of your organization. Mental Health 101 provides employees with an understanding various mental health issues, builds mental health awareness and helps reduce the stigma associated with mental illness. Participants will learn strategies for maintaining their mental wellness and for providing compassionate support and understanding to colleagues, friends and family. **1 hour: \$350 / 3 hours: \$750**

Stress Essentials

Stress can have a detrimental effect on the health and wellbeing of employees, as well as a negative impact on productivity. Learn to recognize signs and symptoms of stress as well as simple but effective tools and strategies to manage stress. **1 hour: \$350**

Mental Health First Aid Basic

A 2-day (12-hour) course that discusses a variety of mental disorders. Crisis first aid skills for the following situations are learned: Substance overdose, Suicidal behaviour, Panic attack, Acute stress reaction, Psychotic episode. Explanations of mental health, mental illness and mental health problems are discussed.

Signs and symptoms of common mental health problems and crisis situations - Information about effective interventions and treatments - Ways to access professional help - Improve mental health literacy - Provide the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, a friend or a colleague. **\$175 per person. Ask about group rates.**

Compassion Fatigue

This is a highly interactive 1-day or half day workshop, incorporating a combination of solo, small group and whole group activities. Throughout the day, participants work through a personalized strategic plan that serves as a practical tool for dealing with the effects of their own compassion fatigue. Past participants have reported feeling inspired to make meaningful changes in their personal, professional and organizational lives in addition to learning practical strategies for identifying and dealing with the costs of caring. **Half-Day: \$750 / Full-Day: \$1250**

Strategies to Work Better & Live Happier

58% of Canadians report “overload” associated with their many roles at work, at home with family and friends and in their community. Learn strategies to improve work productivity and balance the needs of home life and family commitments. Gain practical skills and techniques to decrease stress and improve happiness.

1 hour: \$350



Workshops and Presentations

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. 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.**

Ask about group rates.

safeTALK

About 3-hours in duration, safeTALK training 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. Alert helpers know how to use these opportunities to support that desire for safety.

\$75 per person. Ask about group rates.

Dealing with Difficult People

Change the way you see and respond to difficult situations and learn to handle difficult conversations with skill and confidence. Learn strategies to recognize mental health concerns, and address various behaviours (e.g. verbal aggression, negative talk, sense of entitlement, safety). Learn valuable skills and methods to change the dynamic, de-escalate and support individuals and groups.

3 Hours: \$750

Workplace Wellness

Improve workplace mental health and learn strategies to reduce absenteeism and disability leave costs. This workshop provides education on the impact of mental health problems in the workplace and identifies factors within the workplace that affect mental health. Learn to identify and minimize employee stress, recognize the signs of bullying and develop strategies to improve well-being and address Canada’s new Psychological Health and Safety Standard. This workshop can be tailored to Senior Management, Supervisors and Staff.

Managing Change – 1 Hour: \$350

Conflict Resolution – 1 Hour: \$350

Talking about Gossip – 1 Hour: \$350

All 3 Programs – 3 Hours: \$750



Workshops and Presentations

Positive YOU – Improving Attitude and Thinking

Many factors have an impact on how we view ourselves but with some key strategies, we can improve our way of thinking, our self-esteem and self-confidence. Learn to focus on strengths, success and skills to feel better about build resiliency.

1-Hour: \$350 / 3-Hours: \$750

Strategies for Families & Caregivers

The impact on families and caregivers when supporting someone managing Mental Health concerns can be difficult. Learn strategies to help manage your own needs through self-care, resources and understanding basic mental Health signs and Symptoms. **1-Hour: \$350 / 3-Hours: \$750**



Canadian Mental Health Association Peel Dufferin (CMHA Peel Dufferin) is the leading community mental health and addictions services provider in the region. We support youth, adults and their families in the communities of Brampton, Caledon, Mississauga, Dufferin County, Rexdale, North Etobicoke and West Woodbridge.

We offer a variety of mental health programs and services and are dedicated to helping people recover from mental illness, build resiliency and participate in the life of the community. We are committed to community development, mental health education and awareness, and addressing the stigma surrounding mental illness.



Canada's National Standard for Psychological Health and Safety is a voluntary set of guidelines, tools and resources focused on promoting employees' psychological health and preventing psychological harm due to workplace factors.

Our Psychological Health and Safety Advisors can help you improve psychological health and safety in your workplace or implement the Standard.

For information, or to register, contact our Educator,
Tammy Whelen in our Mental Health Literacy Department.

P 905.451.2123 x446

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For additional training opportunities and events
please visit www.cmhapeeldufferin.ca/events



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