

Supporting Mental Health in a Non-Traditional Work Environment

Thursday, January 24th, 2019 12:00pm-1:00pm E.T.



A MindsMatter webinar brought to you by CivicAction and the Mental Health Commission of Canada



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MINDSMATTER

Workplace mental health just got easier.

CivicAction's MindsMatter program provides an online assessment tool offered in French and English to help employers quickly know where their organization is at in supporting people's mental health and how to do more.

MindsMatter is:

- ✔ Free to take
- ✔ Easy to use
- ✔ Confidential
- ✔ Takes less than 3 minutes

Participants are connected to existing resources aligned with their needs, and benefit from peer-to-peer learning opportunities including testimonials, webinars, and story-telling.

SOUTIEN BIENÊTRE

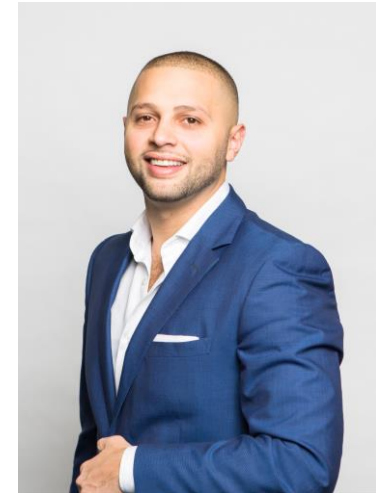
Pour une meilleure santé mentale au travail



Sandra Koppert
Director – Programs
and Priorities
Mental Health
Commission of Canada



Denis Trottier
Chief Mental Health
Officer
KPMG



Abdullah Snobar
Executive Director
Ryerson University's
DMZ

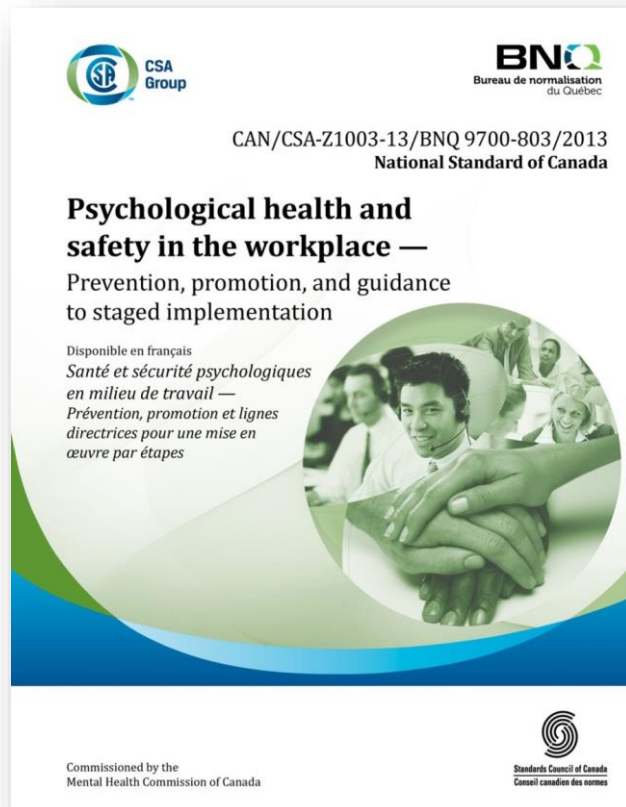
Everybody's Business

500,000



Canadians, in any
given week, are unable
to work due to mental
health problems or
illnesses.

National Standard for Psychological Health and Safety in the Workplace



- Change the culture
- Voluntary
- Non-prescriptive
- Applicable to any organization
- Measure progress
- Continuous improvement
- It's a journey...



Every workplace is unique.

CivicAction



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



Denis Trottier
Chief Mental Health Officer

DMZ

Abdullah Snobar
Executive Director, DMZ

Canada's **first** technology
incubator/accelerator to provide
entrepreneurs with free mental health
services.





Questions?



Resources and Training:

- [The National Standard for Psychological Health and Safety in the Workplace](#)
- [Assembling the Pieces Implementation Handbook](#)
- [Assembling the Pieces Toolkit](#)
- [Being a Mindful Employee: An Orientation to Psychological Health and Safety in the Workplace](#)
- [IncludeMe App](#)
- [MindsMatter / SoutienBienÊtre](#)
- [Mental Health First Aid](#)
- [The Working Mind](#)
- [Bounce Back](#)
- [Big White Wall](#)

How did we do?





Thank you!

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