



Mental Health  
Commission  
of Canada

Commission de  
la santé mentale  
du Canada

Workplace  
Mental Health



## Workplace Mental Health Resources to Help Employers and Workers

The following list contains links to just some of the helpful resources provided by MHCC and partners to help employers (and Canadians in general).

[Homepage - Mental Health Commission of Canada](#)

[Wellness Together Canada](#) – a free confidential online service for mental health and substance use support, resources, and counselling with a mental health professional.

[Home - Workplace Strategies for Mental Health](#) – Free resources for workplace mental health

[Resources for the workplace](#) – direct links to The Working Mind training page and links to free resources specifically focused on workplace mental health. More to come. Check back often.

This is where you will find many resources available, free of charge, including:

[Suicide Prevention in the Workplace - Mental Health Commission of Canada](#)

[Mini-guide to help employees' mental health through winter - Mental Health Commission of Canada](#)

[Guidelines for Building Mental Health into Operations During a Pandemic](#)

[Temporary Work at Home Ergonomics Guideline](#)

[How the COVID-19 Pandemic is Affecting the Workforce: Retail and Hospitality Roundtable - Summary Report - Mental Health Commission of Canada](#)

[Manager's Toolkit – Leading in a Hybrid Work Environment - Mental Health Commission of Canada](#)

[CCOHS: Violence and Harassment in the Workplace - Family \(Domestic\) Violence](#)

### **Some specific resources (available from the MHCC Resource Hub)**

[Talking to someone in crisis during COVID-19 - Mental Health Commission of Canada](#)

[How can I help my team poster](#)

[How am I doing poster](#)

[Mental Health Continuum Self-Check Tool](#)

[How can I help someone in mental distress poster](#)

[The Working Mind COVID-19 Self-care & Resilience Guide](#)

[How to manage return anxiety as the lockdown lifts - Mental Health Commission of Canada](#)

### **Other important resources**

[On the agenda workshop series \(workplacestrategiesformentalhealth.com\)](#)

[A tool to support employee success \(workplacestrategiesformentalhealth.com\)](#)

[What is the Psychologically Safe Leader Assessment? \(workplacestrategiesformentalhealth.com\)](#)

## **Studies and Tools**

Leger Poll: [Leger Poll: The Relationship Between Mental Health and Substance Use During COVID-19 | Mental Health Commission of Canada](#)

CMHA/UBC Report: [CMHA and UBC release data on the emotional impact of the pandemic for Mental Health Week \(cmhastarttalking.ca\)](#)

Good for people, good for business? This is a framework that gives organizations the ability to see the impact on key performance indicators from baseline to a target over a 5 year period.

<https://www2.deloitte.com/content/dam/Deloitte/ca/Documents/about-deloitte/ca-en-about-blueprint-for-workplace-mental-health-final-aoda.pdf>

[Psychological Health and Safety in Canadian Workplaces — Mental Health Research Canada \(mhrc.ca\)](#)  
[Workplace Mental Health — Mental Health Research Canada \(mhrc.ca\)](#)

## **Training:**

[The Working Mind Virtual](#) - Virtual training available

[Mental Health First Aid](#) - Virtual training available

**Psychological Health and Safety Audit Pilot** (now accepting pilot organizations) – Please contact us on the email below for more information.

For more information contact:

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