Essentials of Workplace Mental Health - ORHMA

Over 7.5 million Canadians will experience a mental health disorder and/or addiction each year. With 500,000 Canadians missing work weekly because of stress-related illness, this has placed the economic burden at an estimated $50 billion per year, with estimates of presenteeism (decreased productivity and performance due to an underlying health issue) shown to have a larger cost associated than that of its counterpart, absenteeism. These numbers depict the scarcity of perceived support, heavy weight of stigma and impact of poor mental health of employees in the workplace. As the pandemic continues to deplete the resilience of Canadians, employees are reporting overall decline in their mental health.

This interactive webinar introduces participants to some of the signs and indicators in the workplace where there may be a mental health and/or addiction issue. Topics focus on the role and responsibility that peers and organizations play in fostering a culture that promotes mental health and destigmatizes mental illness.

Learning outcomes:
- ✓ Understand the spectrum of mental health and the various risk factors that affect vulnerability
- ✓ Recognize some of the common signs and symptoms in individuals who may be struggling with their mental health
- ✓ Describe the role that stigma plays in workplace mental health
- ✓ Tips to deal with pandemic fatigue and associated risk to burnout

Facilitator Biography

Leila Turner, BA, CTDP
Learning Consultant
Leila is a skilled Learning and Development professional with nearly 20 years of progressive experience in instructional design and facilitation. As well, she has extensive experience working in a consulting role to help organizations achieve their desired outcomes.

Driven by the vision and values of CAMH, Leila has a passion for helping improve the wellbeing of employees and has worked with a variety of organizations to develop workplace mental health strategies and deliver customized mental health training.