



Workplace Mental Health Wellness Workshops

Mental health is a state of well-being which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her and his community. — World Health Organization

Let us help you create a mentally healthier workplace

Twenty percent of Canadians will experience a diagnosed mental illness in their lifetime but more than 40% will experience challenges with their mental health during their working years. Of those 40%, 2 out of 3 people suffer in silence fearing judgment rather than seeking treatment.

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.

Work with us to ensure your employees and members get the support they need.

A mentally healthy and safe workplace is within your reach.



**Canadian Mental Health Association
Vernon & District
*Mental health for all***

The Canadian Mental Health Association Vernon and District Branch, founded in 1959, is part of one of the oldest voluntary organizations in Canada. Each year, we provide direct service to more than 2000 members of our community, through combined efforts with more than 175 volunteers and staff.

Lunch and Learns - Several presentations to choose from (1 Hour—\$200 + GST each)

A convenient way to provide education and training to create psychologically safe workplaces, equip managers and supervisors with the tools and skills to address important workplace concerns, and provide resources for all employees to take care of their mental health. See our Lunch and Learn menu for descriptions of available presentations.

Half Day Workshops

Responding with Respect (4 Hours - \$800 + GST)

Employees and managers are often the first to notice when a co-worker is experiencing low mood or depression. Unfortunately, most people do not know what to do about it. This workshop teaches, supervisors, managers and employees a framework to support coworkers going through a challenging time

Mental Health 101 (4 Hours - \$800 + GST)

This introductory workshop provides a condensed version of the signs and symptoms of major mental health disorders, communication skills and strategies that promote early intervention. It is a great starting point for introducing the topic of mental health to the workplace.

Safe & Sound (3 Hours - \$500 + GST)

Recent legislative changes to the Worker's Compensation Act have changed how mental health related claims are viewed, heightening awareness for employers to provide a mentally health work environment. This workshop trains leaders to recognize the signs and symptoms of mental health issues early, gives skills to approach different conversations and provides the knowledge on their legal responsibilities.

safeTALK (3.5 Hours - \$400 + GST)

safeTALK is an alertness training that prepares anyone, regardless of prior experience, to become a suicide-alert helper. safeTALK– trained helpers are an important part of suicide-safe communities, working alongside intervention resources to identify and avert suicide risks.

Multi-Day Courses

Mental Health First Aid (2 days—\$200 + GST/ person, Group Rate Available)

This course teaches participants how to help someone showing signs of a mental health problem or experiencing a mental health crisis. The course will give employees and managers the ability to recognize early signs for specific mental health problems and how to provide assistance and offer support to someone with a mental health problem.

ASIST (2 days - \$285 + GST/person Group Rate Available)

Applied Suicide Intervention Skills Training (ASIST) is for everyone, regardless of prior experience, who wants to be able to provide suicide first aid. During the 2 day interactive session, participants learn to intervene and help prevent the immediate risk of suicide. The ASIST model teaches effective intervention skills while helping build suicide prevention networks in the community



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Book your workshop today!

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