



# Investing in Healthy Minds @ Work

## Workshop Series

Developed by Workplace Safety & Prevention Services (WSPS), *Investing in Healthy Minds @ Work* is a workshop series designed to help workplaces address factors affecting psychological health and safety (PHS). This series was first hosted by Hastings Prince Edward Public Health for organizations in Hastings and Prince Edward counties in 2017-2018. We are pleased to be offering it again in 2019.

### IMPROVED ENGAGEMENT, ENHANCED PRODUCTIVITY

Studies have consistently shown that workplaces with a positive approach to PHS demonstrate:

- ✓ Improved employee engagement
- ✓ Stronger employee recruitment and retention
- ✓ Enhanced productivity
- ✓ Increased innovation & creativity

### PROMOTE MENTAL WELLBEING IN THE WORKPLACE

Delivered in a series of six half-day workshops, participants will be provided practical knowledge and insights on how to create a sustainable PHS action plan that is in accordance with the National Standard on PHS in the Workplace (CSA Z1003). Participants will:

- ✓ Understand mental health and associated stigma
- ✓ Get an overview of the National Standard on PHS in the Workplace
- ✓ Review the workplace factors that impact psychological health and safety
- ✓ Gain access to evidence-based workshop tools, templates and exercises
- ✓ Design strategies to evaluate organizational readiness/ needs and action plan development

## Mental Health in the Workplace

Affects 1 in 5 Canadians



Ranked as top workforce  
risk by 83% of employees



Accounts for 30% of  
short and long-term  
disability claims



Costs the economy  
\$51 billion annually



**JOIN US!** *Investing in Healthy Minds @ Work* will be delivered across six half-day workshops and co-facilitated by professional subject matter experts from WSPS.

## **SPACE IS LIMITED. REGISTER TODAY!**

<b>February 28</b>	Module 1 - Mental Health Stigma
<b>March 21</b>	Module 2 - Workplace Factors
<b>April 11</b>	Module 3 - National Standard and Business Case
<b>May 2</b>	Module 4 - Planning
<b>May 23</b>	Module 5 - Implementation
<b>June 6</b>	Module 6 - Program Management and Continual Improvement

---

**Time:** 8:30 am - 12:00 pm    **Location:** Hastings Prince Edward Public Health,  
179 North Park Street, Belleville

Registration closes January 31, 2019.

For more information, contact Bernadette Hymus, R.N., [bhymus@hpeph.ca](mailto:bhymus@hpeph.ca),  
1-800-267-2803 or 613-966-5500 ext. 233

To register, please contact 1-800-267-2803 or 613-966-5500 ext. 610  
Email: [healthycommunities@hpeph.ca](mailto:healthycommunities@hpeph.ca)

**This series, valued at \$800.00 per organization, is being offered at no cost.**

Each workplace is asked to commit to sending two representatives to all workshops in the series and complete a PH&S action plan.

### **Cancellation Policy**

In anticipation of high interest in this series we will be creating a waiting list. Our goal is to ensure this program is filled to maximum capacity. In the event you need to withdraw from the program, please notify us in writing at [healthycommunities@hpeph.ca](mailto:healthycommunities@hpeph.ca) as soon as possible so we may offer your space to an organization on the waiting list. There is no cancellation penalty if we receive written notification that you are withdrawing from the program up to five (5) business days prior to the beginning of the series. For cancellations received after that time, an invoice will be issued to you for the full cost of the series. For no-shows to sessions, an invoice will be issued per missed session. Consideration will be given to emergency situations.

We are committed to providing accessible publications, programs and services to all. For assistance, please call 613-966-5500; TTY: 711 or email [accessibility@hpeph.ca](mailto:accessibility@hpeph.ca). For more information, please visit [www.hpepublichealth.ca](http://www.hpepublichealth.ca)

