

Investing in **Healthy Minds @ Work** Workshop Series



Program Overview

Module 1 – Mental Health Stigma

- ✓ Define mental health and why it is important to address it in the workplace.
- ✓ Identify mental health challenges in the workplace.
- ✓ Examine how stigma impacts people with mental health problems in the workplace.
- ✓ Discuss workplace attitudes and ways to make a positive shift.
- ✓ Recognize resources and support around mental health in the workplace.

Module 2 – Workplace Factors

- ✓ Define a culture of mental health and safety.
- ✓ Define each of the 13 workplace factors.
- ✓ Recognize how workplace factors can impact your mental health and safety in the workplace.
- ✓ Discuss how the workplace factor can be positively promoted in your workplace.

Module 3 – The National Standard and the Business Case

- ✓ Review the National Standard principles and framework of a mental health and safety management system.
- ✓ Build “the business case” for a mental health and safety program for your workplace.
- ✓ Discuss the importance of leadership commitment.

Module 4 – Planning: Understanding Needs and Pain Points

- ✓ Recognize the importance of properly planning.
- ✓ Idealize what your mental health and safety strategy will look like in your organization by writing a vision statement and objectives.
- ✓ Examine your organization’s current mental health and safety state by analyzing existing data through various assessment tools and resources.
- ✓ Develop an implementation strategy and plan to guide your mental health and safety strategy.
- ✓ Discuss the success factors that will determine the effectiveness of your mental health and safety strategic plan.

Module 5 – Implementation

- ✓ Discuss the elements to create an effective implementation plan that assures the efficiency of your mental health and safety strategy.
- ✓ Describe tools and tasks to effectively execute your mental health and safety implementation plan.
- ✓ Identify implementation processes and procedures that will create awareness of, engagement with and commitment to your mental health and safety strategy.

Module 6 – Checks, Balances and Management Review

- ✓ Define types of inputs to evaluate your mental health and safety strategy.
- ✓ Recognize the importance of an ongoing management review process to evaluate the effectiveness of your mental health and safety strategy.
- ✓ Explain how to evaluate the mental health and safety strategy.
- ✓ Determine opportunities to celebrate achievements, make improvements and enhancement to your mental health and safety strategy.

Improving workplace mental health and safety will enhance the wellbeing of employees and the productivity of a workplace.