



Mental Health and Wellness In-service

In-service length: 30 minutes

In-service format: Virtual, Instructor-led or Classroom

In-service description:

Staff throughout the continuing care industry are exposed to a number of situations that may cause mental health and wellness concerns - either in an acute fashion or cumulative over time. Employers' abilities to proactively address these concerns are important for maintaining a healthy and productive workforce. The Mental Health and Wellness In-Service is designed to promote awareness of mental health and wellness in the workplace and provide participants with some examples of supports and tools that employers may want to consider. This training can also help organizations who endeavor to meet the CSA standard for Psychological Health and Safety in the Workplace.

Expected outcomes:

- Define what is good mental health
- Describe the differences between life stressors and work-related stressors
- Recognize signs and symptoms of mental health concerns in themselves and others
- Identify proactive mental health strategies
- Access supports and resources to deal with mental health concerns

Activities:

This engaging and interactive in-service challenges the participant to consider what is meant by good mental health, what mental health concerns may look like in the workplace and how to respond to those concerns.