



The significance of prioritizing psychological support in the workplace cannot be overstated. Studies demonstrate that offering mental health assistance to employees leads to increased job attachment, satisfaction, and involvement, which in turn fosters a positive working environment and encourages behaviors that propel organizational growth. It's essential to accord mental well-being the same weight as physical health, as neglecting the former can have detrimental effects on both individuals and the company's bottom line.

## CREATING A SAFE SPACE

### DIRECTIONS

Start the discussion by setting the expectations for creating a safe space and respecting everyone's feedback. Print out or show an electronic copy of the [Making the case for psychological safety in the workplace](#) bulletin by the Government of Alberta. After everyone is done, use the guiding question below to facilitate a group discussion.

### SAFETY SEGMENT DISCUSSION

Guiding Questions:

- What are some health benefits for psychological health and safety?
- What are some legal benefits of psychological health and safety?
- What are some financial benefits of psychological health and safety?

Notes to the Team Leader:

- Facilitate an atmosphere of support and openness to feedback by encouraging the staff to share experiences or opinions without fear of reprisal.

