



2018 Product Suite Catalogue



Canadian Mental
Health Association
Mental health for all



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MHW CORE Workshop

- 6 content hours, any 4 modules (7 to 7.5 hours including lunch and AM/PM breaks)
- Explores elements of Awareness, Responding, and Collaborating
- Provides an in-depth discussion, most interactive
- Perfect for an organization of any size to start or continue becoming mentally healthy

MHW ESSENTIALS Presentations

- 1 hour (no break)
- High-level overview of a particular topic
- Ideal lunch-and-learn, conference session, introduction to workplace mental health
- May be provided as a live webinar
- Suitable for any size audience

MHW in FOCUS Workshops

- 3 hours (including 1 short break)
- A deeper exploration of the featured topics
- More interactive than an ESSENTIALS presentation
- Very effective as a professional development session, conference breakout, refresher

MHW ALLIED Training



MHW Essentials (1 Hour)

- Workplace Mental Health Essentials
- Mood & Depression Essentials
- Stress & Anxiety Essentials
- Psych Health & Safety Essentials
- PTSD and OSI Essentials
- Substance Use and Addictions Essentials
- Traumatic Stress and Compassion Fatigue Essentials

MHW in Focus (3 Hours)

- Depression & Anxiety in Focus
- Workplace Mental Health & Safety in Focus
- Mental Health and Substance Use in Focus
- Stress Management for Staff in Focus

Custom Workshops

- We can work with you to build a workshop that meets your needs
- For a CORE program, choose from any four of the Essentials on offer

MHW Content Themes



Awareness

You want to build awareness of mental health in your workplace. These modules focus on teaching what mental health and mental illnesses are, and what they're not. Evidence, balance, and recovery are prominent. The primary goal of awareness building is to educate and reduce stigma, which creates safe spaces, increases help seeking, and enables prevention.

Responding

You want the people in your workplace to have practical skills for responding to situations involving mental health problems and illnesses. These modules address specific problems, such as depression or anxiety, how to have challenging conversations, and how to engage the MHW *Shift* to advance solutions. The primary goal of developing responding skills is so that anyone can identify and intervene effectively when necessary.

Collaborating

You want to make your workplace more psychologically healthy and safe. These modules focus on issues such as organizational culture, accommodation, and return to work. The *National Standard for Psychological Health and Safety in the Workplace* is featured. The primary goal of collaborating to create change at work is to ensure a safe and healthy environment for all.



MHW CORE



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MHW CORE WORKSHOP

Intended audience:

All staff, supervisors, managers,
union representatives

Length

6 content hours
+ 15 minute breaks (x2) + 60 minute lunch

General description:

This workshop provides participants a holistic understanding of mental health and mental illness. It is made up of four modules, touching on awareness building, responding skills, and collaborative change.

It discusses the social determinants of health, and how mental health fits in to the context of overall health. The workshop promotes positive mental health for all, and effectively reduces the stigma around mental illnesses. Participants will learn practical skills to help address mental health problems at work.

Participants will have contact with employees who work and live with a mental illness, either live or through video. This workshop is highly interactive, with activities and discussion throughout.

Learning Objectives:

By the end of this session, participants will be able to:

- Acknowledge mental health as an asset to their personal and professional life.
- Have greater understanding of what mental illnesses are and how they can occur.
- Have greater comfort in seeking help for themselves and others.

Key Messages:

The content of this workshop is underpinned by the following key messages:

- There is no health without mental health.
- Most mental health problems are common and can be overcome effectively.
- Everyone has a role to play in reducing workplace stigma of mental health.



MHW in FOCUS



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DEPRESSION & ANXIETY IN FOCUS

Intended audience:

Everyone

Length

3 hours

Description, Objectives, and Messages:

This presentation provides an overview of how mood and stress might impact work. It takes a particular focus on depression and anxiety in the workplace, and guides participants through the MHW 3-Gear method of addressing them.

By the end of this session, participants will:

- Be exposed to an accessible and evidence based introduction to depression and anxiety.
- Begin to see depression and anxiety in terms of balance and barriers.
- Start to understand how to talk openly about depression and anxiety.

MENTAL HEALTH & SAFETY IN FOCUS

Intended audience:

Everyone

Length

3 hours

Description, Objectives, and Messages:

This presentation provides an introduction to workplace mental health and safety. It includes a high-level introduction to mental health awareness and responding to some common issues, as well as accommodation, return to work, and the National Standard for Psychological Health and Safety in the Workplace.

By the end of this session, participants will be able to:

- Consider mental health and safety as an important part of overall health and safety.
- Better understand mental health and common mental health problems in terms of balance.
- Better understand the mental health accommodations and the National Standard.



MHW ESSENTIALS



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WORKPLACE & MENTAL HEALTH ESSENTIALS

Intended audience:

Everyone

Length

1 hour

Description, Objectives, and Messages:

This presentation is our most basic introduction to workplace mental health. It provides a high-level introduction to Mental Health Works, mental health awareness, responding to some common issues, and the National Standard for Psychological Health and Safety.

By the end of this session, participants will be able to:

- Consider mental health as embedded within overall health.
- Understand mental health and common mental health problems in terms of balance.
- Understand the impact of stigmatizing language and beliefs, their own and that of others.

MOOD & DEPRESSION ESSENTIALS

Intended audience:

Everyone

Length

1 hour

Description, Objectives, and Messages:

This presentation provides a high-level overview of how mood impacts work. It takes a particular focus on depression in the workplace and guides participants through the MHW 3-gear method of addressing it.

By the end of this session, participants will:

- Be exposed to an accessible and evidence based introduction to mood and depression.
- Begin to see mood and depression in terms of balance and barriers.
- Start to understand how to talk openly about depression



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STRESS & ANXIETY ESSENTIALS

Intended audience:	Length
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Everyone	1 hour
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Description, Objectives, and Messages:

This presentation provides a high-level overview of how stress and anxiety might impact work. It takes a particular focus on anxiety in the workplace and guides participants through the MHW 3-Gear method of addressing it.

By the end of this session, participants will:

- Be exposed to an accessible and evidence based introduction to stress and anxiety.
- Begin to see stress and anxiety in terms of balance and barriers.
- Start to understand how to talk openly about anxiety.

PTSD & OPERATIONAL STRESS ESSENTIALS

Intended audience:	Length
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Those at risk (Justice Professionals)	1 hour
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Description, Objectives, and Messages:

This presentation provides a high-level overview of how PTSD and Operational Stress might impact work. It takes a particular focus on OSIs in the workplace and guides participants through the MHW 3-Gear method of addressing it.

By the end of this session, participants will:

- Be exposed to an accessible and evidence based introduction to traumatic stress.
- Begin to see PTSD and OSIs as workplace injuries.
- Start to understand how to talk openly about traumatic stress.



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SUBSTANCE USE & ADDICTIONS ESSENTIALS

Intended audience:

Everyone

Length

1 hour

Description, Objectives, and Messages:

This presentation provides a high-level overview of addictions and substance use concerns. Using the MHW 3Gears approach, participants will learn how to identify and talk about substance use in the workplace

By the end of this session, participants will:

- Be exposed to an accessible and evidence based introduction to addictions.
- Begin to see substance use concerns and addictions as a health concern.
- Start to understand how to talk openly about substance use.

TRAUMATIC STRESS & COMPASSION FATIGUE ESSENTIALS

Intended audience:

Everyone

Length

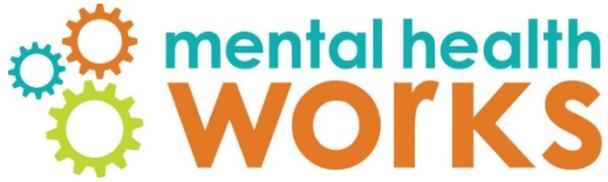
1 hour

Description, Objectives, and Messages:

This presentation provides a high-level overview of secondary traumatic stress and compassion fatigue. Using the MHW 3Gears approach, participants will learn how to begin building resilient workplaces.

By the end of this session, participants will:

- Be exposed to an accessible and evidence based introduction to secondary traumatic stress.
- Begin to see the ways in which they can implement protections in the workplace.
- Start to understand how to talk openly about compassion fatigue.



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PSYCHOLOGICAL HEALTH & SAFETY ESSENTIALS

Intended audience:

Everyone

Length

1 hour

Description, Objectives, and Messages:

This presentation provides a high-level overview of psychological health and safety in the workplace. It introduces the National Standard for Psychological Health and Safety in the Workplace, as well as accommodation and return to work involving mental health.

By the end of this session, participants will:

- Be exposed to the National Standard for Psychological Health and Safety in the Workplace.
- Begin to see how psychosocial factors impact health and safety at work.
- Start to understand how accommodation and return to work are applied to mental health.



mental health
WORKS

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