



Tool Box Talk

Mental Health Awareness in the Workplace

What is Mental Health?

Mental health is a state of well-being that includes our thoughts and emotions.

It is important to promote mental health and to support people when they are having a rough time.

Risks to Mental Health at Work

- Harassment and bullying
- Lack of training or preparedness
- Poor communication
- Inadequate health and safety policies

Why Mental Health Awareness Matters

When there is a lack of mental health awareness at work, it can have a negative impact on individuals and the company.

Some effects include:

- Higher turnover and absenteeism
- Increase in workplace injuries
- Increase in medical leave/disability

1 in 5 Canadians experiences a mental health problem or mental illness each year.

Experiencing a mental health and addictions crisis? Call 811

