

Mental Health in the Workplace

By addressing mental health issues in the workplace, employers can reduce health care costs for their businesses and employees..

Program Details

Workplaces can play an essential part in maintaining positive mental health. They can give people the opportunity to feel productive and be a strong contributor to employee wellbeing. Yet it can also be a stressful environment that contributes to the rise of mental health problems and illnesses. No workplace is immune from these risks and we cannot afford to limit our definition of occupational health and safety to only the physical.

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Poor mental health and stress can negatively affect employee:

- Job performance and productivity.
- Engagement with one's work.
- Communication with coworkers.
- Physical capability and daily functioning.

Outcomes

- Provide a relaxation opportunity.
- Remind you of how you are already resourced.
- Share a snapshot of what's going on nationally with our mental health generally and mental health at work during COVID-19.
- Notice where and how you feel stress.
- Offer ideas to commit/recommit to manageable self care generally and at work specifically.



Training Length

1 – 1.5 Hours