

WORLD  
**MENTAL  
HEALTH  
DAY**



10 OCTOBER

**World Mental Health Day** is an annual day to advocate and spread awareness for different aspects of mental health in society. It was started by the World Federation for Mental Health, who have been in existence since 1948 with the mission of alleviating stigma and increasing dialogue around mental health.

**IT IS TIME TO  
PRIORITIZE MENTAL  
HEALTH IN THE  
WORKPLACE.**

This October 10<sup>th</sup>, World Mental Health Day is being celebrated with the theme of mental health in the workplace! Let us discuss how we can promote our workplaces to be more inclusive and supportive of everyday mental health challenges.

Stat: 30% of disability leave is related to mental illness (Government of Canada, 2018).

Whether this is due to personal life getting in the way of work, or being caused by work, this is a significant number that we can hopefully have an impact on. By implementing various strategies into the workplace, we can prevent people's mental health from getting to this point:

**Prioritizing employee well-being:** This can be achieved in several ways. Providing access to support such as employee benefits and inter-employee support opportunities can go a long way to making sure employees feel heard and valued.

**Healthy work boundaries:** Many hard-working employees love to go above and beyond for their companies, and high achieving companies love it when their employees put in that extra effort. However, this can be a slippery slope into feeling burnt-out, which decreases the quality and quantity of work in the long-term. Employees should be able to express what is too much for them to sustain in their role, and employers should encourage a proper work-life balance!

Talk! Build positive relationships with your co-workers, vent to each other about the tough parts of the job and celebrate the triumphs! This can help to build comradery and diffuse tension which can both be contributors to mental health challenges in the workplace.

Check out some of these **resources** below for more information on how to address workplace mental health as an employee and an employer!

- [World Mental Health Day – October 10th \(wmhdofficial.com\)](http://wmhdofficial.com)
- [Mental health in the workplace - Canada.ca](http://Canada.ca)
- [Striving for Mental Health Excellence in the Workplace \(apa.org\)](http://apa.org)
- [Workplace Mental Health - all you need to know \(for now\) | Tom Oxley | TEDxNorwichED \(youtube.com\)](https://www.youtube.com/watch?v=...)

If you would like to talk about mental health in the workplace or get support, please reach out and schedule an appointment with Tyler Schamehorn, our Psychologist.

Advanced Primary Care