

# MENTAL HEALTH & WELLNESS

## *Virtual Toolkit*

Working towards a mentally healthy workplace



# Mental Health & Wellness Toolkit

Locally, Nationally and Globally, many are experiencing anxiety and stress surrounding the uncertainty that the COVID-19 pandemic has brought on. Understanding and implementing mental health best practices in the workplace has never been more important.

The Burlington Chamber of Commerce along with their Health & Wellness Committee have created this toolkit to equip our members and the broader business community with insights, tools and resources that employers can use to assess their business and build a mentally healthy workplace for their employees.

Further to the recording of the Mental Health & Wellness Virtual Seminar, please see the materials below that will help businesses, employers, and employees manage their anxiety during this time.

# For Employers

The Canadian Chamber of Commerce has created the [Mental Health Break Breakbox](#) to help employers encourage employees to take small breaks during the day to support mental health and well-being in the workplace.

In [Working Towards Mental Wellness: A toolkit for employers](#), the Ontario Chamber of Commerce (OCC) seeks to illuminate the distinctive character of mental wellness in the workplace, outline the case for action and provide resources for starting this conversation workplaces across Ontario.

[The National Standard of Canada for Psychological Health and Safety in the Workplace](#) (the Standard) is the first of its kind in the world, and is a set of voluntary guidelines, tools and resources intended to guide organizations in promoting mental health and preventing psychological harm at work.

[LivingWorks safeTALK](#) is a four-hour face-to-face workshop (with restrictions due to COVID-19) featuring powerful presentations, audiovisuals, and skills practice. At a LivingWorks safeTALK workshop, you'll learn how to prevent suicide by recognizing signs, engaging someone, and connecting them to an intervention resource for further support.

[Canadian Science for Laboratory Medical Science](#) has designed this toolkit for senior leadership and organizational representatives who want to make a positive change through modern mental health policies and programs.

# For Employees & Individuals

[BounceBack®](#) is a free skill-building program managed by the Canadian Mental Health Association (CMHA). It is designed to help adults and youth 15+ manage low mood, mild to moderate depression and anxiety, stress or worry. Delivered over the phone with a coach and through online videos, you will get access to tools that will support you on your path to mental wellness.

The [Canadian Mental Health Association Halton Branch](#) is on a mission to improve the well-being of our community through high-quality mental health and addiction services. They are offering free call-in counselling services and virtual peer support groups during COVID-19 to help those experiencing stress and anxiety during this time.

Powered in partnership with [United Way Hamilton Halton, 211](#) is a helpline available by phone, chat or online search that helps Ontario residents navigate the complex network of government, health, community, and social service programs. It is a service offered 24 hours a day, 365 days a year, with interpretation in over 150 languages.

The [Government of Canada](#) recognizes that COVID-19 may be stressful for people and communities. It is not unusual to feel anxiety about COVID-19 and you will probably worry about the potential impact on yourself and your family. They have compiled tips and resources for individuals and families experiencing stress during these unpredictable times.

Mental Health and Wellness Speaker, Cynthia Hastings-James, BestLifeRewarded Inc. provided participants with practical tips and resources for [managing your mental health and wellness](#) during these particularly challenging times.

# Additional Resources and Support

Organization	What They Do	Contact
One-Link	One contact and one intake for referrals for mental health and addictions services	<a href="http://www.one-link.ca">www.one-link.ca</a>
Adapt – Halton Alcohol, Drug, Gaming	Assessment, Prevention, and Treatment Services	<a href="http://www.haltonadapt.org">www.haltonadapt.org</a>
e-Mental Health	Online repository of publicly funded, NFP and private services and organizations.	<a href="http://www.ementalhealth.ca">www.ementalhealth.ca</a>
Crisis Outreach and Support Team (COAST)	Provides Halton Region residents aged 16 and over, who are experiencing a mental health crisis with immediate outreach and support.	<a href="tel:8778259011">(877) 825-9011</a>
Kids Help Phone	24/7 national support service for young people	<a href="tel:8006686868">(800) 668-6868</a> Text: <a href="tel:686868">686868</a>
Distress Centre Burlington & Oakville	TeleCheck – Scheduled phone call for medication, appointment reminders, well-being checks	Burlington <a href="tel:9056811488">905-681-1488</a> Oakville <a href="tel:9058494541">905-849-4541</a>
Community Safety and Well-Being in Halton: A Plan for Collaboration and Action	Halton Region and the Halton Regional Police Service have developed a plan to enhance how we collaborate with community partners on issues that impact safety and well-being in Halton.	<a href="http://www.halton.ca/The-Region/Projects-and-Initiatives/Community-Safety-and-Well-Being-in-Halton">www.halton.ca/The-Region/Projects-and-Initiatives/Community-Safety-and-Well-Being-in-Halton</a>
Backup Buddy App	The app includes contacts, mental health tips, and details a number of common issues from anger to alcohol abuse, post traumatic stress disorder and substance abuse.	Available on Google Play or the App Store

# Thank you!

A special thank you to the Burlington Chamber of Commerce's [Health & Wellness Committee](#) for their leadership and advocacy in supporting Burlington Chamber members through these challenging times.

The success of this event would not have been made possible without our event speakers, Chief Stephen Tanner, [Halton Regional Police Service](#), Cynthia-Hastings James, Co-Founder, [BestLifeRewarded Innovations Inc.](#), and Ted Michaels, *Host of the Health and Wellness Show*, [900 CHML Hamilton](#). Thank you for taking the time to share your valuable insights on organizational wellness with our guests who joined us for this powerful presentation.

We are extremely grateful to our event partners, [Bell Canada](#) and [Rubicon Safety Inc.](#), for allowing us to host this informative and timely event that will live on as a resource for Burlington businesses and employees.