

SHAPE THE *Future*

Mental Health and Wellness Resources for Employees



Supporting Your Mental Health and Wellness

Over the past two years, the COVID-19 pandemic has affected every aspect of our lives, including our mental health. The pandemic has highlighted the importance of promoting mental health and wellness and supporting our workforce. The work environment is one of many settings that has an impact on mental health and well-being. Given an average Canadian worker spends 30–40 hours per week at work, it is important to maintain a psychologically healthy and safe workplace. The Mental Health Commission of Canada report that in any given week, 500,000 Canadians do not go to work due to a psychological health issue. Some causes of poor psychological health are directly attributable to factors in the workplace, which negatively affects performance at both the individual and organizational level.

Focusing on psychological health and safety in the workplace is ultimately the right thing to do for our workforce and has many benefits to the organization including increased employee satisfaction, engagement and productivity. It can also reduce workplace conflict, employee turnover, absenteeism and disability claims. Therefore, one of the responses to the Corporate Mental Health and Wellness Pulse survey is the creation and promotion of this guide, which includes a menu of resources to support all public servants.



Resources for Leaders and Employees

1. Assembling the Pieces

<https://mentalhealthcommission.ca/implementing-the-standard/>

An implementation guide for the national standard for psychological health and safety in the workplace.

2. Psychologically Safe Leader Assessment

<https://www.psychologicallysafeleader.com/>

A free online assessment provided by Workplace Strategies for Mental Health for leaders to identify and strengthen competence in managing employees in a way that is psychologically safe.

3. Building Stronger Teams Leader Guide

<https://www.workplacestrategiesformentalhealth.com/resources/building-stronger-teams>

This resource from Workplace Strategies for Mental Health presents activities to help improve team effectiveness, increase self-awareness, foster civility and respect, build emotional intelligence and to develop mindfulness.

4. Ottawa Public Health - 13 Psychosocial Factors Videos

<https://www.ottawapublichealth.ca/en/public-health-services/htt-workplaces.aspx>

These are short whiteboard animation videos on each of the 13 psychosocial factors that impact psychological health and safety in the workplace, as outlined in the National Standard for psychological health and safety in the workplace. These videos and the facilitator's guide can be used to start conversation with your teams around psychological health and safety.

5. The Canadian Centre for Occupational Health and Safety's Health Minds at Work page

<https://www.ccohs.ca/healthyminds/>

A useful website with resources for promoting mental health and well-being in the workplace.

6. Public Safety Calls - <https://www.publicsafetycalls.ca/> - PSPNET – available to public safety personnel only (i.e. Corrections, Conservation)

7. Public Sector Group Health Insurance – www.canadalife.ca > Wellness & Health Resources

8. Workplace Strategies for Mental Health

<https://www.workplacestrategiesformentalhealth.com/>

9. Bridge the Gapp

<https://pei.bridgethegapp.ca/>

Bridge the gapp is a new way to connect with guidance and supports for mental health and addictions. The best thing about it is its accessibility. From a computer, tablet or a phone in your pocket, you can instantly access content that can provide advice, inspiration, assurance, or direction for finding additional supports when you need it the most. Bridge the gapp offers self-help resources, links to local services, and allows the user to share their own personal stories.

10. PEI Alliance for Mental Well-Being

<https://allianceformentalwellbeing.com/>

Learning and Development –provided through PSC’s Pathways to Learning

1. FREE training provided by the Canadian Centre for Occupational Health and Safety - **An Orientation to Psychological Health and Safety in the Workplace**
https://www.ccohs.ca/products/courses/mindful_employee/
Note: This was promoted two years ago, a number of times, to all employees; and provides a great orientation. If you have not taken this yet, we encourage you to do so.
2. **Mental Health First Aid Basic:** <https://psc.gpei.ca/mental-health-first-aid-basic>.
3. **Mental Health Awareness:** <https://psc.gpei.ca/mental-health-and-wellness-employee-engagement>
4. **Stress Reset:** <https://psc.gpei.ca/stress-and-you>
5. **Emotional Intelligence :** <https://psc.gpei.ca/emotional-intelligence>
6. **Developing Resiliency :** <https://psc.gpei.ca/developing-resiliency-during-times-change>
7. **Productivity, Organizational Skills and Time Management** <https://psc.gpei.ca/productivity-organizational-skills-and-time-management>
8. **Sustainable Work/Life Balance for Greater Energy:** <https://psc.gpei.ca/sustainable-worklife-balance-greater-energy>

Please visit each link and register now as seats fill up quickly! If you have any questions, please contact learningandyou@gov.pe.ca or 902-368-6175.



Employee Assistance Program of PEI

<https://psc.gpei.ca/employee-assistance-program>

The mission of the Employee Assistance Program (EAP) is to contribute toward the total health of employees in order to have a productive and satisfied workforce.

The Employee Assistance Program (EAP) is designed to help employees experiencing personal problems, which may affect job performance. EAP helps employees solve problems as early as possible before they seriously affect self, family, and work performance.

[EAP Message Returning to the Present Moment 2022](#)

[Orientation to the Employee Assistance Program](#)

[EAP Resources for Times of Uncertainty](#)

[Embracing the Space Between: Flourishing amid great change](#)

[Coexisting in the Workplace with Covid-19](#)

[Staying with the Present Moment During a Pandemic](#)

[Video Chat Burnout is Real](#)

[These resources have been compiled by the Employee Assistance Program for PEI Government employees](#)

[EAP Tips on Supporting Your Team While Working From Home](#)

[Working from Home with Kids - EAP Message](#)

[Understanding Loss - EAP's April 20 Message](#)

[Time to Truly Take Care](#)

