

Mental Health in our Workplace

Traditionally, physical injuries have been the measure of workplace safety. However, workplaces can also present hazards to a worker's psychological health and safety and can lead to significant mental and physical injuries or death.

About 30 percent of short and long-term workplace disability claims in Canada are attributed to psychological issues, and workplace-related mental health claims in Canada cost approximately \$20 billion per year.

You don't have to be an expert to support someone with a mental health problem. Here are tips to support your colleagues:

- Ask them how they are and what support they need.
- Learn more about mental health. You are more likely to help and support your colleagues if you understand more about what they are going through.
- Involve your co-workers. Encourage your co-workers to take a break, go for a walk and include them in workplace activities.
- Encourage them to seek support. This could include the EAP program

Tips to support your mental health:

- Stay active. Regular exercise can relieve stress, improve memory and sleep.
- Practice relaxation techniques. For example, yoga, mindfulness, meditation, and deep breathing.
- Find purpose and meaning. Engage in work that makes you feel valuable.
- Eat well. Physical health is linked directly to mental health. Healthy eating can help increase energy levels and improve mood.

For resources checkout:

BCMSA's Course Catalogue: <https://www.bcmsa.ca/category/course-catalogue/>

BCMSA's Psychological Support Toolkit for Workers and Employers: <https://www.bcmsa.ca/psychological-support-toolkit-for-workers-and-employers/>

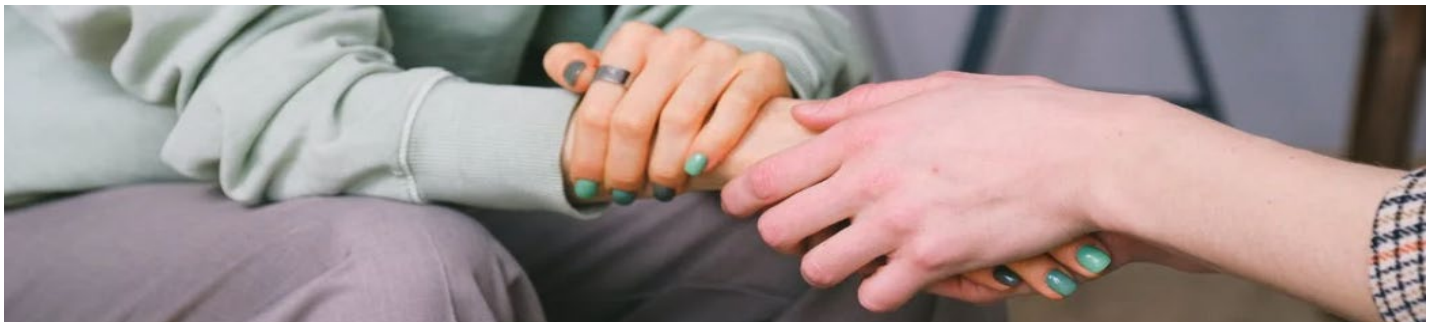
MYWORKPLACEHEALTH: <https://myworkplacehealth.com/>

Canadian Mental Health Association: <https://cmha.ca/find-info/mental-health/general-info/>

Simple Strategies to Help with Mental Health Symptoms

The following steps will guide you to a video that provides practical ways to achieve better mental health and balance in your life.

1. Make sure your internet is on.
2. Open your camera phone and scan the code below.



MEETING DESCRIPTION			
Meeting Date:		Time:	
Location:		Supervisor:	
Number in Crew:		Number Attended:	
Attended By:			Absent

REVIEW ITEMS FROM PREVIOUS MEETING	INCIDENTS/INJURIES REVIEWED

TOPICS DISCUSSED
1.) NAOSH Week Mental Health

WORKERS CONCERNS

CORRECTIVE ACTIONS TO BE TAKEN

MEETING CONDUCTED BY			
Supervisor:		Manager:	
Date:		Date:	

