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## BC Municipal Safety Association Announcing Strategic Partnership with MyWorkplaceHealth

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The BC Municipal Safety Association (BCMSA) and MyWorkplaceHealth have partnered to help address the gap in knowledge around Psychological Health and Safety in the workplace. Together we will work to provide the education, tools and resources needed to support a culture change within organizations that will support a Psychologically Healthy and Safe workplace.

A Psychologically Healthy and Safe (PH&S) workplace is one that promotes the psychological well-being of employees, and prevents harm to their mental health in negligent, reckless, or intentional ways. The benefits of PH&S are immense - aside from contributing to the well-being of all employees, psychologically healthy work environments constitute a motivated and engaged workforce, in addition to lower disability costs, absenteeism rates, and turnover-based expenses. Collectively, these factors strengthen an organization's economic stability and reputation as an employer of choice.

*"Research statistics don't lie - conservatively, 1 out of 5 of us will experience a psychological or mental health issue or illness every single year. Ultimately, healthy, resilient & thriving organizations and teams are comprised of healthy, resilient & thriving workers - both physically, and psychologically. Our MyWorkplaceHealth team is very much looking forward to working alongside BCMSA over the coming years in supporting organizations towards enhancing their psychological health and safety!"*

- Dr. Joti Samra, CEO & Founder, MyWorkplaceHealth

As result of the partnership, we are excited the announce MyWorkplaceHealth is developing a series of education courses directed towards senior leaders, people leaders/managers, and all workers. In conjunction with our current psychological health and safety training we will be offering 3 levels of certificates:

- Psychological Health and Safety Certificate: Worker (16 hours)
- Psychological Health and Safety Certificate: Managers & People Leaders (16 hours)
- Psychological Health and Safety Certificate: Senior Leaders (8 hours)

*“We are excited for the opportunity to leverage BCMSA’s foothold as a provider of occupational health and safety in the municipal sector with MyWorkplaceHealth’s advanced knowledge in creating and sustaining a psychologically healthy and safe workplace. The certificate program will be the first of its kind and we are excited to be advancing this very important topic.”*

*– Mike Roberts, Executive Director*

The programs will be released in early 2021. Contact Justin Chouhan, Manager of Audit and Training Services, [jchouhan@bcmsa.ca](mailto:jchouhan@bcmsa.ca) to find out more about the implementation plan.

### **About BC Municipal Safety Association**

The British Columbia Municipal Safety Association (BCMSA) is an independent, non-profit organization committed to improving worker health and safety in all industries throughout the province. Our primary goals are to eliminate workplace injuries and reduce safety-related financial costs. As the municipal training agency of choice in British Columbia, we provide a variety of onsite, virtual and online quality training courses. We equip workers in all industries with invaluable prevention training and we guide municipal employers, so they can implement effective occupational health and safety management systems.

### **About MyWorkplaceHealth**

[MyWorkplaceHealth](#) is a full-suite global consultancy on psychological health and safety (PH&S) with expertise in all things related to the [National Standard of Canada for Psychological Health & Safety in the Workplace \(CAN/CSA-Z1003-13/BNQ9700-803/2013\)](#). We offer a customized and comprehensive suite of services with respect to workplace mental health, including online, in-class and virtual psychological health and safety training and consultation - as well as clinical assessment, counselling, and return-to-work services through our sister company, [Dr. Joti Samra, R.Psych. & Associates](#). MyWorkplaceHealth places a strong value on provide training that is based on evidence, standards, and best practices - enabling employers and employees to participate in the transformation of organizational cultures.