

BUILDING MENTALLY SAFE, HEALTHY WORKPLACES

Workplace training that turns awareness into action.



▶ The Reality

Research over the past several years confirms **Canada's mental health crisis has escalated, marked by significant rises in burnout, depression, anxiety, and even bipolar disorders.** Research continues to reveal the critical factors contributing to the deterioration of mental health include difficult working conditions, job demands and the work environment. If not addressed, the consequences will become much more severe, impacting individuals, businesses, and the broader economy.

▶ Actionable Solutions

Fortunately, many work-related hazards contributing to mental injuries and illnesses can be identified and eliminated. A key step in this process is comprehensive training.

To support May Mental Health Awareness month and workplaces seeking solutions, **WHSC is offering a full schedule of instructor-led training.** Options include in-person, virtual classroom, and onsite workplace mental health training courses in English and French at a discounted rate. Visit us at our [Workplace Mental Health training page](#) to learn more about onsite training and to determine your best training option.

COURSES

- ▶ Stress in the Workplace
- ▶ Critical Incident
- ▶ Workplace Violence
- ▶ Psychosocial Hazards

▶ The Stats

- ▶ **1 in 5** Canadians experience work-related stress every year.
- ▶ **60%+** of missed workdays are attributed to poor mental health.
- ▶ **1.2 million** Canadians took time off in the past 12 months due to work-related stress or for mental health.
- ▶ **\$200 billion+** – the current annual cost of mental illness.
- ▶ **\$2.5 trillion** – the projected cost of mental illness by 2041.

▶ The Bottom Line

Much more effort is needed to address workplace hazards that cause mental injuries in workers.



~~\$75~~
\$40 /per course
available when booked by June 30.



Training for Workplace Mental Health
REGISTER TODAY!