

# MENTAL HEALTH AT WORK<sup>®</sup>



- SAVE LIVES
- PREVENT DISABILITIES
- KEEP PEOPLE WORKING
- KEEP FAMILIES TOGETHER

*Mental Health at Work<sup>®</sup>* is a registered trademark of Excellence Canada



**OUR ECONOMY IS BEING RAVAGED BY BRAIN-BASED DISEASES. DOING NOTHING IS NOT A VIABLE OPTION. MENTAL HEALTH AT WORK<sup>®</sup> LAYS OUT THE STRATEGY AND ACTIONS FOR EMPLOYERS TO SAFEGUARD MINDS AND HELP PREVENT ILLNESS.**

Excellence Canada's **Mental Health at Work<sup>®</sup>** program serves as a detailed roadmap for organizations in any sector that wish to encourage, support, and implement exemplary mental health-related programs in the workplace.

The **Mental Health at Work<sup>®</sup>** progressive program aligns with the requirements of the *National Standard of Canada for Psychological Health and Safety in the Workplace* and was developed in four levels, based on many years of experience helping thousands of organizations to successfully implement complex requirements in an effective, measurable, and sustainable manner.

Excellence Canada also provides the opportunity to network and benchmark with some of Canada's most successful organizations.

#### **Mental Health at Work<sup>®</sup>:**

- Moves traditional health promotion programs toward a focus on psychological health and safety
- Ensures success through a focus on policies, practices, and programs to achieve measurable results
- Incorporates the 13 Psychosocial Factors from Guarding Minds @ Work<sup>®</sup> that identify risks
- Embeds ongoing monitoring, measuring, and reporting for improvement
- Supports your efforts with expert coaching, facilitation, and training
- Creates a healthier and more productive workforce
- Reduces costs, improves output, and increases profitability
- Profiles your organization's success with Certification and National Awards

*Champion of Excellence for Mental Health at Work<sup>®</sup>*



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[www.excellence.ca](http://www.excellence.ca)

## Next Steps Toward Psychological Health and Safety at Work

### Conduct a Self-Assessment

Discover your organization's strengths and opportunities by comparing it to the Excellence Canada framework and detailed requirements for **Mental Health at Work®**.

A self-assessment can help you:

- identify gaps for improvement
- jump-start a change initiative or energize current initiatives
- engage your workforce
- focus your organization on common goals
- compare your organization against industry benchmarks
- align your resources with your strategic objectives
- deliver world-class results
- evaluate your organization's processes and their impact on results
- measure your progress toward your goals and objectives

### Survey Your Employees

Excellence Canada's survey is an effective method for assessing risks, needs, gaps, and is the foundation for setting goals and action planning.

### Provide Your Leadership

Our Implementation Guide to the Requirements for **Mental Health at Work®** is a comprehensive tool for assisting your self-assessment and the development of strategies to close gaps.

### Value-Added Services

- Coaching
- Assessments
- Surveys
- Training
- Sharing Effective Practices

Our certified coaches will help determine your individual needs. We will work with you every step of the way to get you started on your journey to **Mental Health at Work®**.

### Canada Awards for Excellence

Organizations that are successfully certified under the **Mental Health at Work®** Silver, Gold, and Platinum levels are eligible for recognition under the *Canada Awards for Excellence* program, of which the Patron is His Excellency, the Right Honourable David Johnston, C.C., C.M.M., C.O.M., C.D., the Governor General of Canada.

Through its **Mental Health at Work®** Program, Excellence Canada is the only organization that certifies employers in meeting the requirements of the *National Standard of Canada for Psychological Health and Safety in the Workplace*. We also adjudicate the only national awards program that recognizes employers for their role-model status in achieving the Standard.

Organizations that have successfully implemented the *National Standard of Canada for Psychological Health and Safety in the Workplace* through other means are also candidates for the award and may apply directly for recognition.

To obtain a complimentary copy of the detailed **Mental Health at Work®** Requirements please visit [www.excellence.ca](http://www.excellence.ca) or call 1 (800) 263-9648 ext 250.

>>> Call Karen Jackson, Senior Advisor, **Healthy Workplace®** Strategies, at 1-800-263-9648 ext 250 or email [Karen@excellence.ca](mailto:Karen@excellence.ca)

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