

Unsinkable

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PRESENTS

Unsinkable @ Work

WeAreUnsinkable.com



Mission

Unsinkable uses storytelling to help
#BridgeTheGap
between struggling with mental health
and taking steps towards mental well-
being.



Vision

To create a more compassionate, informed
and inclusive Canadian society where
mental health is embraced, understood as
an essential aspect of overall wellbeing and
actively supported within community.

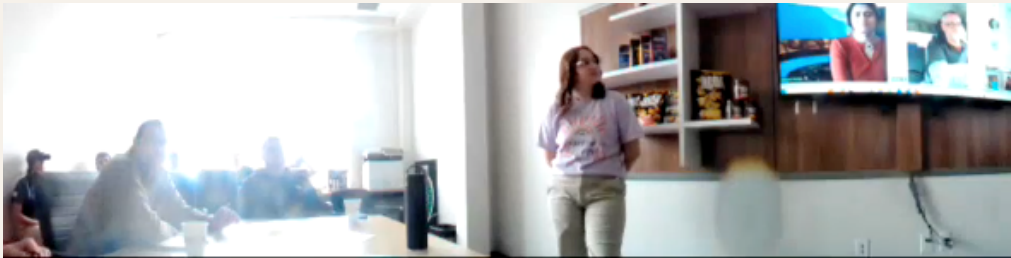
Understanding The Issue

The issue of mental health in the workplace has become a critical concern, impacting both employees and businesses across Canada. Approximately 30 percent of disability claims, whether short- or long-term, are now attributed to mental health problems, with an annual cost exceeding \$50 billion to the Canadian economy.



Alarming statistics reveal that **one in five Canadians grapple with mental health problems or illnesses** each year, translating to 500,000 employees unable to work weekly due to these challenges. The repercussions extend beyond individual well-being, affecting employers through increased absenteeism, reduced productivity, and elevated healthcare costs.

Surprisingly, despite the clear economic benefits demonstrated by a 2019 Deloitte study, 70 percent of Canadian businesses lack a workplace mental health strategy.



Unsinkable @ Work can help businesses open the dialogue around mental health and create a workplace mental health strategy to help employees feel more supported.

Learn how to cultivate effective workplace conversations around mental health.

Check out [this Unsinkable resource](#) on cultivating conversations

Did you know that 77% of employees say that open conversations around mental health would make them feel more supported? ¹

Yet, only 29% feel comfortable discussing mental health concerns with their employer. ²

By modelling vulnerability and supporting open dialogue, leaders can inspire their teams and foster a culture of trust and support.

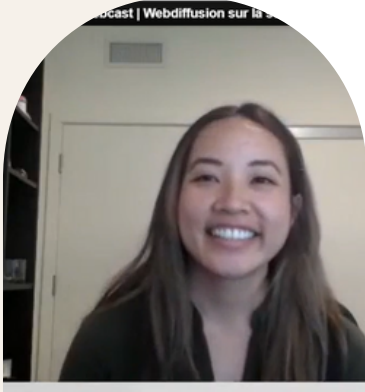
Research shows that 82% of employees are more likely to trust a company whose CEO speaks openly about mental health. ³

1 National Alliance on Mental Illness, NAMI

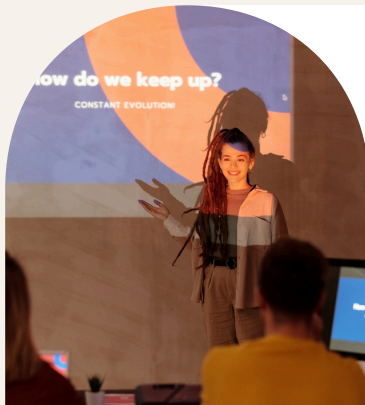
2 Mental Health Commission of Canada

3 PwC

WHAT IS *Unsinkable @ Work*



The **Unsinkable @ Work** program is a unique and engaging initiative designed to foster resilience and well-being within the workplace.



This program combines the power of personal storytelling with expert insights to address emerging needs and challenges faced by organizations today.



Talks will feature storytellers and Community Champions from the Unsinkable community sharing their stories of Resilience, Hope and Compassion as well as strategies that have supported them along their journey.

WHAT YOU CAN *Expect from Us*



✓ Personal Storytelling by a Community Member

- **Lived Experience:** Hear firsthand from a Community Champion or Unsinkable team member who shares their personal journey. These stories of resilience and overcoming adversity provide a relatable and inspiring perspective that can resonate deeply with employees.
- **Empowerment and Connection:** Sharing lived experiences helps to foster a sense of empowerment and connection among employees, encouraging open dialogue and mutual support.



✓ Curated Panel of Organizational Leaders

- **Expert Insights:** A carefully selected panel of organizational leaders and experts will discuss the topic at hand. These leaders bring a wealth of knowledge and practical strategies that can be implemented within your workplace.
- **Emerging Workplace Needs:** The panel addresses current and relevant issues that are critical to your organization's success and employee well-being. Topics are chosen based on emerging trends and pressing needs within the workplace.



✓ Accompanying Resource Guide

- **Comprehensive Support:** Each session is complemented by a detailed resource guide. This guide provides additional information, tools, and resources to help employees and management apply the insights and strategies discussed during the program.
- **Continued Learning:** The resource guide serves as a valuable reference for ongoing learning and development, ensuring that the benefits of the program extend beyond the initial session.

A SNAPSHOT OF *Past Sessions*

NEAL BROTHERS FOODS

“The team at Jonluca Neal & Neal Brothers had an amazing experience with Unsinkable facilitating a Mental Health talk for #MentalHealthAwarenessMonth. We were so lucky to have such a motivating and inspiring speaker in Liv Miller, who was able to positively engage our group on her mental health journey, and also offer up some key advice on self-care. The interactive session and workshop was a great opportunity for our full team to learn about prioritizing your mental health, and also small exercises that you can work on to keep your mental health in check. The feedback from the session was very positive and our full team greatly appreciated Liv's conversation. We would highly recommend other organizations participating in a similar Unsinkable Mental Health session!”



Community Champion: Liv Miller

BDO

“[Kelli's] story was powerful and her takeaways were both relatable and realistic. Our people really resonated with her as shown by their many comments in the chat during her presentation. She provided us with great reminders on tips and tools for those suffering from a decline in their mental health. Many of our people agreed in the chat that they use the same tools such as using your 5 senses. Some key takeaways that resonated with me were the importance to keep swapping stories, find community to connect with people and both self-compassion & compassion to others. She spoke about how showing kindness is key and how she hopes to empower people to embrace their own paths authentically.”



Community Champion: Kelli Chu

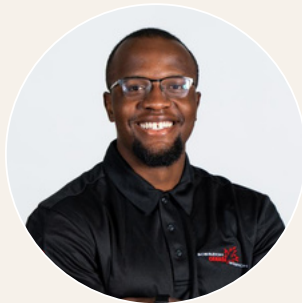
“During our firm wide webcast on mental health, Kelli joined us to share her personal story of struggle and recovery. She gave us valuable insights on how to cope with stress, anxiety, and depression in our professional and personal lives. She spoke with empathy and connected with our people on a deep level. We are grateful for her vulnerability and wisdom.”

MEET OUR

Speakers



Kelli Chu
Community Champion



Kenny M'Pindou
Community Champion



Joshua Bell
Community Champion



Selin Özünaldım
Community Champion



Dancia Susilo
Community Champion



Mikaela Brewer
Podcast Lead



Liv Miller
Community Champion



Megan Kee
Community Champion



Hailey Hechtman
Executive Director



Asante Haughton
Storytelling Manager



Nina Charley
Community Champion



Ryan Forsyth
Community Champion

OTHER WAYS TO *Get Involved*

Volunteer

Become a part of our volunteer team and contribute your time and skills to make a difference in the lives of others.

Share

Help us spread awareness by sharing Unsinkable stories and messages on your social media platforms. Your voice can inspire change.

Donate

Your generous donations enable us to continue our vital work and reach more individuals with our message of hope. Every contribution makes a difference.

Partner

Collaborate with us as a corporate or community partner to amplify our impact and support mental health initiatives together.

Questions?



Hailey Hechtman, Executive Director



hailey@weareunsinkable.com



To book a talk >