

Getting up to Standard

Psychological Health and Safety in the Workplace

HERE'S WHAT WE KNOW

- ▶ Mental illness costs **\$50 billion** a year.
- ▶ It affects **7.5 million** Canadians.
- ▶ That is about **20%** of the population.

THAT IS ABOUT 20% OF YOUR WORKFORCE.

A global first, “**The Standard**” is a set of voluntary guidelines, tools and resources to prevent psychological harm, and promote psychological health.

The Standard is voluntary. But your duty isn't: there are 7 branches of law that emphasize an employer's duty to protect, promote and accommodate psychological health and safety.

Think about your ethics, and your bottom line, and get up to standard.

THE TAKEAWAYS TOOLKIT PROJECT

The Canadian Mental Health Association and the Mental Health Commission of Canada collaborated to create the Takeaways Toolkit. The toolkit was informed by the MHCC's 2018 Case Study Research Project (CSRP) on how 40 workplaces have implemented the National Standard for Psychological Health and Safety in the Workplace. Offering best practices and activities, The Takeaways Toolkit is meant to guide other workplaces to help put the Standard into practice.

DON'T DO IT IN THE DARK

You see the importance of getting in step with the Standard, and you are not alone. Big and small, public and private, unionized and not: workplaces everywhere are taking mental health in hand.

So you're ready to start. What's next?

Now you don't have to do it in the dark. A national research project took the pulse of 40 pioneers that led the way. These 40 organizations shared their journeys to a new normal in their workplace.

Use this toolkit and let “the 40” show you what it takes.

THIS TOOLKIT INCLUDES

The Takeaways

Lessons from the 40

A Checklist

Taking Action Fact Sheet

Quick Reference Resource Guide