

**1 in 5**

CANADIANS WILL HAVE A  
MENTAL HEALTH ISSUE THIS  
YEAR

**5 in 5**

CANADIANS HAVE MENTAL  
HEALTH EVERY DAY OF THE  
YEAR



## **CREATE A CULTURE OF GENUINE CARE**

Emotional intelligence, empathy, and respect are core competencies required on the “ground floor” of psychologically healthy workplaces.



Canadian Mental  
Health Association  
*Mental health for all*



**Good mental health is  
an outcome of doing  
business differently.**



COMMITMENT  
& VISIBILITY



BUSINESS  
PROCESSES



POLICIES &  
PROGRAMS



BENEFITS &  
PERKS



CULTURE