MINDSMATTER
Workplace mental health just got easier.

What can you do for mental health in 3 minutes?

Nov 28, 2019

1400+ employers have taken CivicAction's FREE workplace mental health assessment that provides **3** recommended actions
in **awareness and training**, **organizational support,** and **leadership**,
with links to resources.

Get started at: https://mindsmatter.civicaction.ca/
https://soutienbienetre.civicaction.ca/

What are employers doing?

75% Provide Employee and Family Assistance Program / other supports for mental well-being

71% Provide employees with info on mental well-being / available supports

67% Supportive of people when they are taking a mental health leave / return to work

61% Actively engage employees in activities supportive of mental well-being

49% Managers have participated in training relating to mental well-being

What do employers need to do more of?

37% Employees have been offered training relating to mental well-being

50% Have taken measures to reduce work-induced stress

67% Senior leadership is supportive of having a mental well-being strategy

25% Have a mental health strategy

19% Have a process to track the mental well-being of the organization

What's happening after the assessment?

60%* **have taken action** since completing the assessment.

58%* **are in planning phase.**

2,800 **clicks to resources** since beginning of MindsMatter.

*Based on 112 responses (10% response rate) as of Nov 20, 2019.

Hamilton Chamber of Commerce

Former MP Celina Caesar-Chavannes

Rupert Duchesne at NICC 2018

What difference does action make?

Compared to three years ago…of those who have taken action:

71%   There is **greater awareness of mental health supports** available within my organization

84%   My organization is giving mental health in the workplace **greater priority**

89%   My workplace culture allows us to discuss mental health issues **more comfortably**

Based on 96 responses as of Nov 20, 2019.

GOWLING WLG - OUR PEOPLE FIRST: MENTAL HEALTH STRATEGY

- Awareness

- Resilience

- Empowerment

GOWLING WLG