

PRODUCT CATALOGUE

mental health works

Canadian Mental Health Association
Sudbury/Manitoulin
Mental health for all

Association canadienne pour la santé mentale
Sudbury/Manitoulin
La santé mentale pour tous



WORKSHOP MODULES

- Flourishing in the Workplace
- Managing Stress in the Workplace
- Challenging Mental Health Stigma
- Burnout and Recovery
- Empathic Strain (Compassion Fatigue)
- Strategies for Promoting Mental Wellness in the Workplace

ABOUT MENTAL HEALTH WORKS

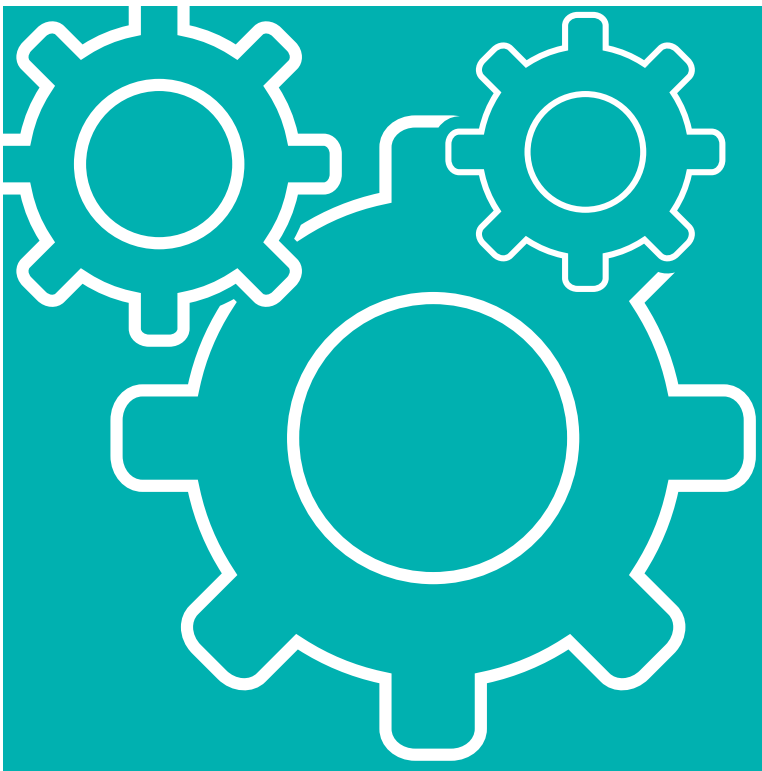
Mental Health Works is a nationwide social enterprise of the Canadian Mental Health Association, Ontario Division (CMHA Ontario). It provides capacity-building workshops and resources to train employees on awareness, intervention, and prevention skills. Our approach is person-centred, evidence-based, and solutions-focused.

PRODUCTS AND SERVICES

Mental Health Works offers six individual 90-minute training modules that provide workplaces the tools to foster mental wellness. Each interactive workshop offers practical strategies to enhance workplace well-being, reduce stigma, address burnout and compassion fatigue, and promote sustainable mental wellness across teams.

These workshops can be offered individually or combined into a series of workshops that address specific needs and priorities of the organization. All modules are available virtually or in person and are suitable for any audience size. Sessions include elements that encourage participant awareness, reflection, participation, and in-depth discussion to support meaningful and lasting impact.

The cost for each 90-minute workshop is $800.00, which includes unlimited participants.



MENTAL HEALTH WORKS

WORKSHOPS

Workshops

FLOURISHING IN THE WORKPLACE

Intended audience:	**Everyone**
Length:	**90 minutes**
Description and learning objectives:	**This workshop is highly recommended as an introductory workshop. It provides an overview of the PERMA components of well-being and how each component can be strengthened to improve well-being at work. The Dual Continuum Model of Mental Health and Mental Illness is introduced to help participants understand well-being and its relationship to the workplace.** **By the end of the session, participants will be able to:** • **Understand the impacts of mental health at work.** • **Describe what it means to flourish in the workplace.** • **List practical strategies to flourish in the workplace.**

MANAGING STRESS IN THE WORKPLACE

Intended audience:	**Everyone**
Length:	**90 minutes**
Description and learning objectives:	**This workshop provides an overview of common responses to workplace stress. Strategies are presented both for preventing unnecessary stress and for navigating unavoidable stressors in the workplace.** **At the end of the session, participants will be able to:** • **Explain how workplace stress can impact their mood, emotions, and performance.** • **Identify common signs and behaviours that are a result of workplace stress.** • **List coping strategies to reduce the impacts of workplace stress.**

Workshops

CHALLENGING MENTAL HEALTH STIGMA

Intended audience:	**Everyone**
Length:	**90 minutes**
Description and learning objectives:	**This session provides an overview of the role stigma plays as a barrier in individuals speaking openly about and accessing support for mental health. You'll also learn strategies to reduce stigma in the workplace.** **At the end of the session, participants will be able to:** • **Define the relationship between mental health, mental illness, and stigma.** • **Analyze the potential negative impacts that certain language and actions can have on well-being.** • **Decrease use of stigmatizing language and promote a stigma-free space.**

BURNOUT AND RECOVERY

Intended audience:	**Everyone**
Length:	**90 minutes**
Description and learning objectives:	**Through the lens of Maslach's Three Dimensions of Burnout, participants are exposed to risks for, and causes of burnout. Individual, evidence-based strategies addressing burnout show where individuals can exercise agency to regain energy, empathy, and build confidence in the workplace.** **At the end of this session, participants will able to:** • **Understand the dimensions of burnout (exhaustion, detachment, inefficacy) and their impact on work and life.** • **Identify the signs and symptoms of burnout in themselves.** • **List coping strategies to manage or mitigate burnout.**

EMPATHIC STRAIN (COMPASSION FATIGUE)

Intended audience:	**Everyone**
Length:	**90 minutes**
Description and learning objectives:	**In this session, you will learn how empathic strain (compassion fatigue) manifests in the caring professions and how individuals can address it in the workplace.** **At the end of the session, participants will be able to:** • **Understand the risk factors and the physical, behavioural, and psychological signs for empathic strain.** • **List some coping strategies to help manage, prevent or mitigate empathic strain.**

STRATEGIES FOR PROMOTING MENTAL WELLNESS IN THE WORKPLACE

Intended audience:	**Everyone**
Length:	**90 minutes**
Description and learning objectives:	**Participants will benefit from an overview of the different aspects of holistic personal health that contribute to workplace wellness. Individuals will learn ways to identify what they need and constructive actions that can be used for regular self-care.** **At the end of the session, participants will be able to:** • **Identify the eight dimensions of wellness, and their individual needs and actions, that will help improve their well-being at work.** • **List coping strategies to maintain or improve wellness.**

MENTAL HEALTH WORKS

BOOK YOUR WORKSHOP TODAY

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