

Workplace Mental Health Promotion

We have the expertise to deliver evidence based training and design practical and skills building presentations, on such topics as:

Evidence based training:

Beyond the Hurt (Workplace Bullying Prevention)

Living life to the Full

Mental Health First Aid

Mental Health Works

Peoplemap

Psychological Health & Safety

Suicide Awareness and Prevention

Other Mental Health Related Topics:

Addressing Stress in the Workplace

Dealing with Change in the Workplace

Understanding Mental Illness in the Workplace

Work/Life Balance



Employers have a duty to address mental health issues such as distress, depression and anxiety in the workplace. This includes effective communication, workplace relations, accommodation and performance management.

Up to 80% of all managers were hired for their technical or professional expertise.

Most have not been prepared to deal effectively and comfortably with emotionally distraught employees.

Avoidance can lead to workplace conflict, loss of productivity, or even a human rights complaint.

Mental Health Works provides capacity building workshops on workplace mental health to both employers and employees. Our approach is person centred, evidence based, and solutions focused.

Awareness and prevention are key!

Who can take part in a workshop?

Schools, community groups, workplaces, and professionals who are interested in learning more about mental health & wellbeing, mental illnesses, coping strategies and community resources are encouraged to participate.

Custom Designed Training

CMHA prides itself in designing presentations and training programs best suited to the organization's needs.

Timelines/ Format

Workshops vary in length and format depending on your organizational needs and interest. They can be delivered as Lunch and Learn presentations, in-depth 2 day sessions, a training series or simply a display.

Cost

Presentations to students and volunteer community groups are available at no cost.

There is a fee for service for organizations / groups who request training for staff development.

There is a fee for certified training workshops.

**To book a presentation contact the Mental Health Promotion Department at
613-933-5845 / 1-800-493-8271**

or request a workshop online at
www.cmha-east.on.ca



Canadian Mental Health Association
Champlain East
Mental health for all

Association canadienne
pour la santé mentale
Champlain Est
La santé mentale pour tous

Main office - Bureau chef

329 rue Pitt Street Cornwall, ON K6J 3R1

Tel: (613) 933-5845

Toll free: 1-800-493-8271

Other branch offices

Autres bureaux de la filiale

Hawkesbury (613) 938-0435

Plantagenet (613) 686-4379

Alexandria (613) 525-4077

Casselman (613) 764-0654

Morrisburg (613) 543-2442

Rockland (613) 446-0537

Fax: (613) 936-2323

www.cmha-east.on.ca www.acsm-est.on.ca



CMHA Champlain East /
ACSM Champlain Est



Funding provided in part by



Owners: Pascal, Jacques & Christian Brunet (Rockland (2), Hawkesbury (2), Embrun, Casselman, Alfred, Place d'Orléans, 1523 Merivale Rd., Westgate Shopping Center, Ottawa, Watters and Trim Road, 455 Gréber Blvd, Gatineau), Brockville (2), Thurso).



United Way
Centraide
Stormont, Dundas
& Glengarry



United Way
Centraide
East Ontario
Est de l'Ontario

Mental Health Promotion Program



Canadian Mental Health Association
Champlain East

Dépliant disponible en Français



Mental Health Promotion Program

Facts:

- One in five people will experience a mental illness during their lifetime!
- Mental health problems account for at least 50% of all visits to a family physician.

Who are we?

The Canadian Mental Health Association (CMHA) is a non-profit registered charity committed to making mental health matter. Founded in 1918 the Canadian Mental Health Association is one of Canada's oldest volunteer-based organizations across Canada.

Mission Statement

CMHA Champlain East is committed to working in a partnership with individuals, families and community resources to enhance the development and continued support of mental health for all citizens.

Funding

The Mental Health Promotion Program relies on the following sources to sustain this program: United Way of SD&G and United Way Prescott-Russell, short-term grants, Subway (Owners: Pascal, Jacques & Christian Brunet), community donations and fundraising events.

Mental Health Promotion Mandate

The MHPP is designed to increase general understanding of mental health topics, dispel common myths and provide information on community resources within a dynamic participatory learning experience.

MENTAL HEALTH FOR ALL

Mental Health Series

These presentations explore the relationship between our thoughts, behaviors and the way we feel and experience our lives. Simple tips and exercises are provided in these fun and practical workshops.

Presentations include:

Dealing with change, Feeling Good, Living Life to the Full, Mental Health and Aging, Positive Thinking, Stress Management, Taking Care of Yourself, Understanding Happiness, Work-Life Balance.

Understanding Mental Illnesses Series

These presentations will help clarify specific mental illnesses with the goal of educating, dispelling myths and reducing the stigma that surrounds mental illnesses.

Presentations include:

Beyond the label
Myths and Realities of Mental Illness,
Substance Use & Mental Health
Understanding : Anxiety Disorders,
Depression, Depression in the Elderly,
Postpartum Depression, Schizophrenia,
Seasonal Affective Disorder, Youth Anxiety.

Mental Health Promotion in Schools

Talking About Mental Illness (TAMI)

This 3 to 5 day evidence based anti-stigma program is designed to increase grade 7 – 12 student's awareness about mental health and decrease the stigma associated with mental illness. Topics include: Mental Health, Mental Illness, Suicide Awareness and Stress Management, Self Esteem, Speaker Testimonial.

CERTIFIED TRAININGS



LivingWorks
Education, Inc.



safeTALK

suicide alertness for everyone

safeTALK training prepares you to help by using TALK (Tell, Ask, Listen and KeepSafe) to identify and engage people with thoughts of suicide and to connect them with further help and care.

safeTALK is for everybody who wants to help prevent suicide; front line workers, clergy, volunteers, parents, teachers, law enforcement, first responders.



ASIST

Applied Suicide Intervention Skills Training (ASIST)

During the 2 day training session participants will acquire skills needed to recognize and evaluate risk of suicidal behaviour, how to intervene with a person at risk and link with community resources.

ASIST Tune UP (refresher) Course also available.



Suicide to Hope

aiding recovery and growth

This is a one-day workshop, targeted to practitioners who work with individuals who have previously been at risk and are currently safe from suicide.

LIVING LIFE TO THE FULL
helping you to help yourself

Want to know how to feel happier, more confident and worry less right now?
Would you like to learn new ways of dealing with what life throws at you? Living Life to the Full offers you enjoyable and interactive courses that will help you understand your feelings, thoughts and behaviors, and what to do about them!

In 8 fun, friendly 90-minute sessions, Living Life to the Full helps people make a difference in their lives. Each session is moderated by a trained facilitator and includes a booklet, handouts, exercises and discussions.



Mental Health First Aid CANADA

Mental Health First Aid

(MHFA) is the help provided to a person developing a mental health problem or

experiencing a mental health crisis. Just as physical first aid is administered to an injured person before medical treatment can be obtained, MHFA is given until appropriate treatment is found or until the crisis is resolved.

The MHFA Canada program aims to improve mental health literacy, and provide the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, a friend or a colleague.

Mental Health First Aid Basic is a 12 hour course focused on adults interacting with adults in all environments.

Mental Health First Aid for Adults who Interact with Youth (aged 12-24) is a 14 hour course that focusses on mental health problems and first aid response for youth.