

Workplace Mental Health for Leaders Webinar - ORHMA

Over 7.5 million Canadians will experience a mental health disorder and/or addiction each year. With 500,000 Canadians missing work weekly because of stress-related illness, this has placed the economic burden at an estimated \$50 billion per year, with estimates of presenteeism (decreased productivity and performance due to an underlying health issue) shown to have a larger cost associated than that of its counterpart, absenteeism. These numbers depict the scarcity of perceived support, heavy weight of stigma and impact of poor mental health of employees in the workplace. As the pandemic continues to deplete the resilience of Canadians, employers are being called to step up and step in towards supporting the overall decline of employees psychological health and wellbeing.

This 75-minute webinar introduces leaders to the topics of workplace mental health that focuses on the role and responsibility that leaders and organizations play in fostering a culture that promotes psychological health and safety, destigmatizes mental illness and promotes early intervention and mental wellbeing.

Learning outcomes:

- ✓ Understand the spectrum of mental health and the various risk factors that affect vulnerability
- ✓ Understand the business impact of not addressing employees' mental health
- ✓ Recognize the role that organizations play in reducing stigma and supporting employee's mental health
- ✓ Describe an employer's duty to inquiry and accommodate an individual suffering from a mental health or addition issue

Facilitator Biography

Leila Turner, BA, CTDP
Learning Consultant

Leila is a skilled Learning and Development professional with nearly 20 years of progressive experience in instructional design and facilitation. As well, she has extensive experience working in a consulting role to help organizations achieve their desired outcomes.

Driven by the vision and values of CAMH, Leila has a passion for helping improve the wellbeing of employees and has worked with a variety of organizations to develop workplace mental health strategies and deliver customized mental health training.

