



Workplace Mental Health Resources / Ressources en santé mentale en milieu de travail

If you are experiencing a mental health emergency, please go to your local emergency department, call 911, or reach out to your local crisis/support line.

Si vous rencontrez une urgence de santé mentale, veuillez-vous rendre dans une salle d'urgence ou composer le 911.

Canada Suicide Prevention Line (24/7): 1-833-456-4566 or text 45645 (4:00 p.m. to 12:00 a.m. ET)

Ligne de prévention du suicide (en tout temps): 1-800-456-4566 ou par messagerie texte au 45645 (de 16 h à minuit Heure de l'Est).

The information in this resource does not replace the advice and care of a mental health professional. Rather, this document presents various mental health initiatives, resources and programs geared toward the workplace.

Les informations contenues ci-dessous ne remplacent pas les conseils et les soins d'un professionnel de la santé mentale. Ce document sert plutôt à présenter des ressources, initiatives et programmes pour aider à soutenir la santé mentale en milieu de travail.

Anxiety Canada: [Helping Health Care Workers Cope with COVID-19 Related Trauma](#)

BC Centers for Disease Control: [Healthcare Provider Resources](#)

Canada Life / Canada Vie

- Organizational strategies: [Mental health policies and programs](#) (information on accommodation, return to work, stigma, suicide prevention and peer support strategies)
- Stratégies organisationnelles : [Politiques et programmes](#) sur la santé mentale (ressources relatives aux mesures d'adaptation, au retour au travail, à la stigmatisation, à la prévention du suicide et au soutien par les pairs)

Canadian College of Health Leaders: [Supporting the Well-Being of Healthcare Workers on the Front Line of the Covid-19 Crisis](#) (A [summary](#) of the webinar is also available.)

Canadian Mental Health Association – Newfoundland and Labrador Division: [workplace mental health program](#)

Centre de prévention du suicide de Québec

- [And me, how is it going?:](#) workplace mental health program
- [Et moi, comment ça va ?:](#) ressource sur la santé mentale en milieu de travail

Canadian Mental Health Association – Ontario Division: [Mental Health in the Workplace: An Accommodation Guide for Managers and Staff](#)

Canadian Mental Health Association – Manitoba and Winnipeg Division: [Community and Workplace Education](#)

Canadian Mental Health Association – Alberta Division: [Workplace training](#) resources

Canadian Mental Health Association – British Columbia Division: [Workplace programs](#)

Care for Caregivers: [Supporting Staff](#) – Mental health support for continuing care providers

Centre for Addiction and Mental Health / Centre de toxicomanie et de santé mentale :

- [La santé mentale et la pandémie de COVID-19](#) – Contient des ressources pour les [travailleurs du secteur de la santé](#), y compris des informations sur les [soins auto-administrés](#) et l'auto-aiguillage (dans la région du Grand Toronto).
- [Mental Health and the COVID-19 pandemic -](#) Contains resources for [health care workers](#), including information on [self-care](#), [self-referral for care](#) in the GTA as well as a digital COVID-19 and mental health [resource list](#).

Centre for Posttraumatic Mental Health and Canadian Centre of Excellence – PTSD: [Moral Stress Among Healthcare Workers During COVID-19: A Guide to Moral Injury](#)

Conference Board of Canada: Mental health [resources](#), including those for the workplace

Gouvernement du Canada: [Ressources](#) pour les employés en matière de santé mentale en milieu de travail

Government of Canada: [Resources](#) for employees for mental health in the workplace

03/02/22

Mental Health Commission of Canada / La Commission de la santé mentale du Canada:

- [Best Practices for Supporting the Mental Health of Healthcare Workers During COVID-19](#)
- [How Am I Doing?](#) (A tool to check your own mental health daily)
- [How Can I Help My Team?](#) (A tool to help leaders support members of their team)
- [Les pratiques d'excellence pour soutenir les soignants en santé mentale pendant la situation du COVID-19](#)
- [Mini-guide to help employees' mental health through winter](#)
- [Petit guide pour faciliter la santé mentale des employés pendant l'hiver](#)
- [Ressources au travail](#) pour soutenir la santé mentale en milieu de travail pendant et au-delà de la pandémie
- [Workplace Resources](#) to support mental health in the workplace during and after the pandemic

[Psychological First Aid for Frontline Healthcare Providers During COVID-19](#) – a workbook and wellness guide developed by Dr. Mélanie Joannis, Clinical and Health Psychologist (via the Canadian Psychological Association)

Sunnybrook Health Sciences Centre: [Tips for healthcare workers: Coping at work and at home during COVID-19](#)

U.S. Centers for Disease Control: [Emergency Responders: Tips for Taking Care of Yourself](#)

American Psychiatric Association Foundation: [Employer resources](#)

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Pour suggérer une ressource pour cette page, veuillez nous contacter : csrt@csrt.com.