



WORKPLACE MENTAL HEALTH TRAINING FOR HEALTHCARE WORKERS

ARE YOU INTERESTED IN BEING A MENTAL HEALTH
“CHAMPION” IN YOUR WORKPLACE? ARE YOU CURRENTLY
WORKING IN A SMALL, UNDER-RESOURCED HEALTHCARE
WORKPLACE*?

“Beyond Silence” is a new evidence-based workplace mental health training program customized for healthcare workers. The 2-day program, led by peer educators, builds knowledge, skills and resources to promote early intervention and support for mental health at work, and psychological health and safety in the workplace.

Through research funding from the Ontario Ministry of Labour, we are able to offer **subsidized training** for workers in small, under-resourced healthcare workplaces* across Ontario. We will be offering 8 training programs over the next two years, and evaluating the impact. See below for upcoming programs and locations:

- Ottawa September 17-18, 2018
- London October 17-18, 2018
- Sudbury October 29-30, 2018
- Toronto January 14-15, 2019

REGISTRATION FEE: \$300 - (Only \$150 for employees of small healthcare workplace –
100 employees or less)

TO REGISTER ONLINE: [CLICK HERE TO REGISTER](#)



The registration fee includes 2 days of training, lunch, training materials, certificate of completion and access to online community of practice resources. Participants are responsible for their own transportation and accommodation (if required).

If you have questions or would like more information, please contact: **Lisa Wolfe (Project Coordinator):**
905-525-9140 x27708 or Email: wolfel@mcmaster.ca

*eligible workplaces include, but are not limited to: long-term care or group homes, rural or remote hospitals, ambulance services and community-based programs

PROGRAM AGENDA – DAY 1

TIME

8:00 – 8:30

8:30 – 8:40

8:40 – 10:00

10:00 – 10:15

10:15 – 12:00

12:00 – 1:00

1:00 – 2:00

2:00 – 3:00

3:00 – 3:15

3:15 – 4:30

SESSION

REGISTRATION

WELCOME AND INTRODUCTION

SESSION 1: WHY SHOULD I CARE?

- Introductions –who are we & why are we here?
- Reflect on addressing workplace mental health in healthcare
- Begin a dialogue about mental health issues in the workplace
- Introduce how psychosocial factors at work impact psychological health and safety

BREAK

SESSION 2: HOW DO I KNOW?

- Gain understanding about the mental health continuum
- Assess the impact of stress

LUNCH

SESSION 2: HOW DO I KNOW? (CONTINUED)

- Identify how mental illness may appear in the workplace
- Demonstrate how to support someone who is struggling

SESSION 3: HOW CAN I HELP?

- Reflect on why we reach out (or don't)
- Learn how to listen for understanding

BREAK

SESSION 3: HOW CAN I HELP? (CONTINUED)

- Learn how to help
- Know when to act



PROGRAM AGENDA – DAY 2

TIME	SESSION
8:30 – 8:45	THOUGHTS OR QUESTIONS FROM DAY 1
8:45 – 10:00	SESSION 4: KNOWING WHAT WORKS
10:00 – 10:15	BREAK
10:15 – 12:00	SESSION 4: KNOWING WHAT WORKS (CONTINUED) <ul style="list-style-type: none">▪ Understand evidence-based approaches for a range of mental health issues▪ Listening for understanding▪ Explore resources that may be available for employees▪ Consider how to match employee needs to available resources
2:00 – 1:00	LUNCH
1:00 – 2:30	VIGNETTES- RESOURCES AND SKILLS
2:30 – 2:45	FEELING BETTER VIDEOS
2:45 – 3:00	BREAK
3:00 – 4:30	SESSION 5: BECOMING A MENTAL HEALTH CHAMPION