

## Plan member/employee reference guide

Workplace Strategies for Mental Health is a leading source of free, practical tools and resources designed to help Canadian employees and their employers with the prevention, intervention and management of workplace mental health issues\*. To achieve this, free tools and resources are now organized into five main sections. Detailed menus appear when you hover over the section titles in the top banner of the Workplace Strategies' website [workplacestrategiesformentalhealth.com](http://workplacestrategiesformentalhealth.com).

\*Tools and resources suggested below are designed for individuals dealing with mental health issues but can be useful for anyone on-leave, returning to work, or at work to support psychologically healthy workplaces.

### Managing workplace issues

#### Accommodation

##### [Supporting Employee Success](#)

This resource helps employees work with their employer and trusted advisor (such as a doctor, therapist or friend) to develop an accommodation plan that allows them to do their job successfully, when mental health is an issue.

#### Responding to issues

Information on effective responses that can help reduce the negative impact on the employee, co-workers and the organization. Topics include:

- [Burnout response](#)
- [Impairment and Substance Use](#)
- [Employees Who Are Caregivers](#)

### Employee resources

#### Health and wellness resources

##### [At Work](#)

Tools and resources to help employees at work.

##### [Personal Well-being](#)

Tools and resources to help employees with personal well-being.

##### [Family and Friends](#)

Tools and resources to help employees with family and friends.

##### [Mental Health Apps](#)

Information on Apps for Windows, IOS and Android devices to support mental health.

#### Workplace Resources

##### [What is an Employee Assistance Program \(EAP\)?](#)

EAPs are provided by some employers and can be a valuable resource for employees.

#### Mental Health Awareness

##### [Working Through It](#)

Videos featuring individuals with mental health issues talking about how they coped, and reclaiming their well-being at work, off work and returning to work.

##### [Talking to co-workers](#)

If an employee is returning to work, they may have heightened concerns about co-worker's questions. Scroll down the Return to Work page for suggested responses to potential questions.

### [Plan for Resilience](#)

A resource to help improve your ability to bounce back after a potential health, personal, or work crisis. It will help you identify effective strategies and resources to draw on when needed.

### [Mental Health Awareness Emails](#)

Sign up to receive weekly emails with articles or videos that help open dialogue, increase understanding and remove some of the stigma that surrounds mental health issues.

### [Subscribe to news from Workplace Strategies](#)

Sign up to be among the first to learn about the latest information, resources, tools, training and events related to workplace mental health.

### [Subscribe to Take Your Break free emails](#)

Subscribe to get weekly emails with break activity ideas that can help individuals and teams to rest and recharge.

## Can't find what you're looking for?

Try using the Search function found at the top right-hand corner of the web page.

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Working Through It is a trademark of the Mood Disorders Association of Ontario and the Canadian Mental Health Association, Ontario, a joint venture, and is used with permission.