

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 four main sections. Detailed menus appear when you hover over the section titles in the top banner of the Workplace Strategies' website 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.

Resources for employees

At work

Resources and tools to help you address workplace issues. Some examples include:

[Mental health at work](#)

Information, tools and strategies you can use when experiencing mental health issues at work.

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

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

[Mental health awareness videos](#)

Video interviews with people who experienced mental health issues at work discussing what helped.

[Working parents](#)

Resources to support the mental health of working parents and children at all stages of their lives. See also [Post-secondary student resilience](#).

[Getting support when you return to work](#)

When returning to work, you may have heightened concerns about co-worker's questions. Scroll down the page for suggested responses to potential questions.

Getting help

Tools to help you and those you care about who may be struggling with health issues. Examples include:

[Assessing your current situation](#)

Questions to get a picture of what's going on with you right now.

[Health resources](#)

Tools and resources for managing your own health and wellness, as well as information for helping others.

[Caregiver resources](#)

Tips and strategies to make it easier to advocate for the health and well-being of our loved ones.

[Family issues](#)

Resources to help cope with family issues such as divorce, separation, grief and loss.

[Financial stress](#)

Resources to help cope with financial stress.

[Supportive conversation library](#)

Strategies to help you have a supportive conversation with someone you care about on difficult topics.

[Virtual support groups](#)

Online support groups for a variety of mental or physical health issues.

Personal Growth

Approaches and activities to help you reduce stress and improve mental health.

[Emotional intelligence for employees](#)

Activities to increase your ability to manage your reactions and control how you impact others.

[Managing stress](#)

Learn strategies to manage your reactions to stress and steps you can take to protect your well-being.

[Mental health apps](#)

Links to free evidence-based apps (with pay options) that can help with mental health and wellness.

[Resilience](#)

A resource to help you bounce back after a health, personal, or work crisis.

Approaches for people leaders

[A tool to support employee success](#)

This tool can help you work with your employer and trusted advisor (doctor, therapist, or friend) to develop a plan that allows you to do your job successfully, when mental health is an issue.

Subscriptions

Subscribe to free emails, which deliver information related to mental health, healthy breaks, and news from the website:

[Weekly mental health awareness Emails](#)

[Weekly Take your break free emails](#)

[News from Workplace Strategies](#)

[Join our community](#)

Customize your experience with Workplace Strategies by creating a profile. Once logged in, you can:

- Quickly find content relevant to you
- Save content so you can review it again later
- Interact with our community through our comments section

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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