

Welcome!

We will begin shortly.



**Canadian Mental
Health Association**
Ontario



Your Health Space

A free workplace mental health service
for Ontario's health care organizations

June 14th, 2022



Canadian Mental
Health Association
Ontario

Program Overview

- A **free** workplace mental health program funded by the Ontario Ministry of Health.
- Developed to help health care organizations address staff **burnout** and **moral injury** and promote psychological health and safety in the workplace.
- Delivered through trainer-led live workshops and self-directed eLearning modules.
- Is **not** a form of therapy.
- **Holistic Approach:** Provides psychoeducation training at an organizational level.
- Can be tailored to meet the unique needs of your health care setting.



Three Program Spaces

HEALTH CARE
WORKERS



**Workshops and
modules will cover
themes including:**

- Workshop for Leaders
- Occupational Stress
- Moral Injury
- Traumatic Stress and
Compassion Fatigue
- Burnout Recovery
- Self-Care for Health Care
Workers

LEADERS



SUPPORT STAFF

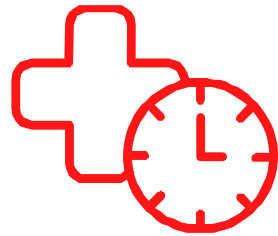


Canadian Mental
Health Association
Ontario

Health Care Settings



HOSPITALS



**LONG-TERM
CARE**



**HOME &
COMMUNITY
CARE**



**FAMILY
HEALTH
TEAMS**



**PERSONAL
SUPPORT
WORKERS**



**HARM
REDUCTION
SERVICES**



Program Development

- Funded by the **Ontario Ministry of Health**.
- Part of the **Mental Wellness Supports for Health Care Workers** suite of services overseen by Ontario Health.
- **Evidence Based:** Built on the foundation of CMHA Ontario's **Mental Health Works**.
- Follows the National Standard of Canada for Psychological Health and Safety in the Workplace.
- Health care associations and organizations helped inform the development of Your Health Space.
- Trainers bring with them a wealth of experience working in health care, advocacy, and training.

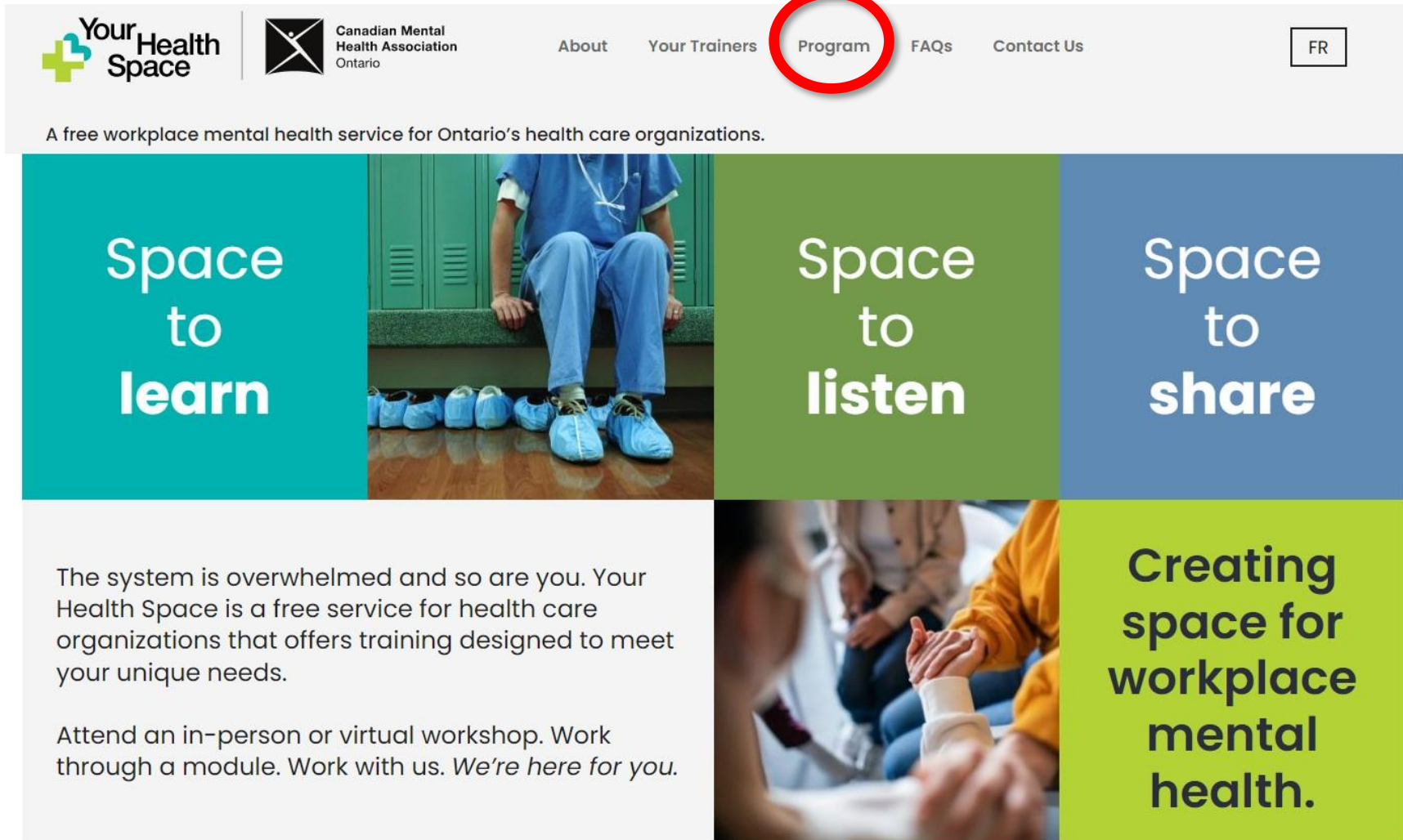


Program Promotion

- Your Health Space has been working with the **Association of Family Health Teams of Ontario (AFHTO)**, **Ontario Community Support Association (OCSA)**, **AdvantAge Ontario**, and **Ontario Hospital Association (OHA)** to help promote the program to member organizations.



Register: visit www.YourHealthSpace.ca



The image shows a screenshot of the 'Your Health Space' website. The header includes the 'Your Health Space' logo, the 'Canadian Mental Health Association Ontario' logo, and navigation links for 'About', 'Your Trainers', 'Program' (circled in red), 'FAQs', and 'Contact Us'. A language selector 'FR' is also present. Below the header, a tagline reads: 'A free workplace mental health service for Ontario's health care organizations.' The main content area is divided into four colored panels. The top-left panel is teal and contains the text 'Space to learn' next to a photo of a healthcare worker sitting on a bench with shoe covers. The top-right panel is blue and contains 'Space to share'. The bottom-left panel is white and contains descriptive text about the service. The bottom-right panel is green and contains 'Creating space for workplace mental health.' next to a photo of people holding hands.

Your Health Space | Canadian Mental Health Association Ontario

About Your Trainers **Program** FAQs Contact Us FR

A free workplace mental health service for Ontario's health care organizations.

Space to learn

Space to listen

Space to share

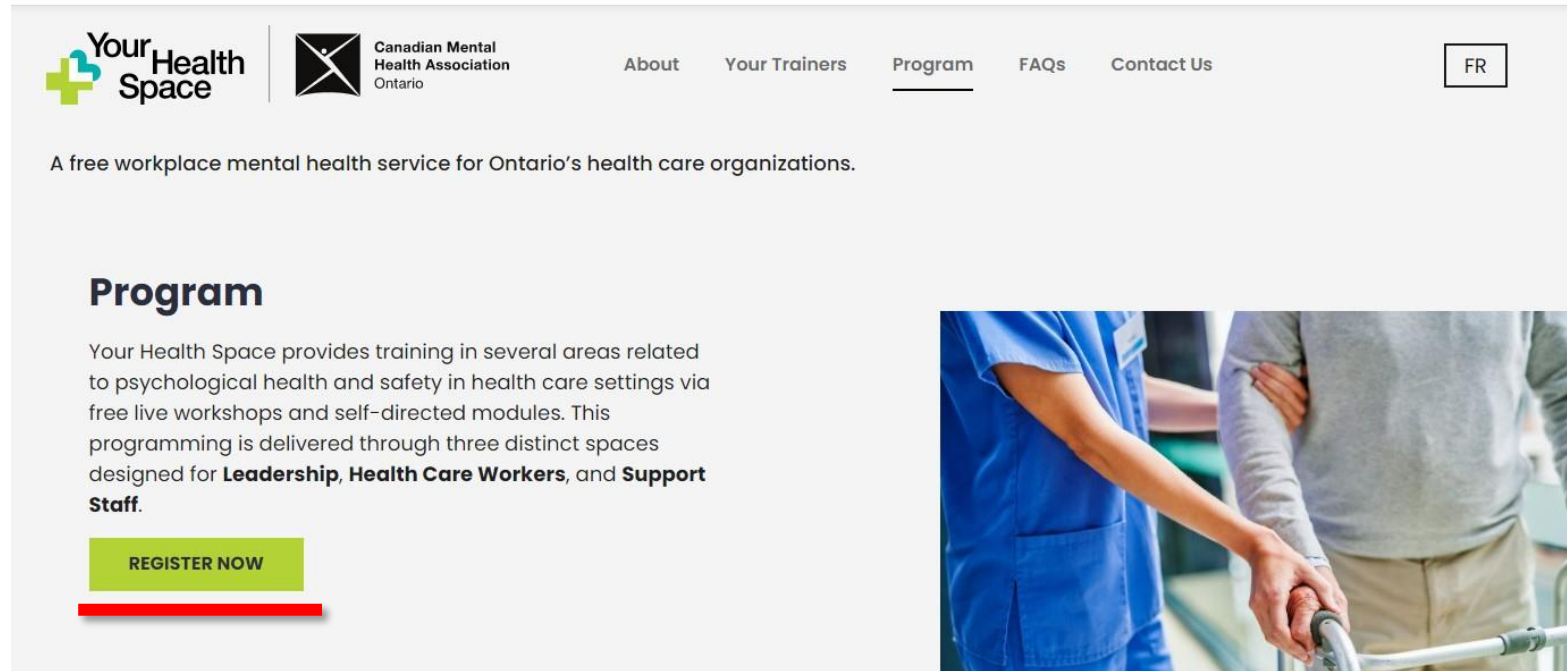
The system is overwhelmed and so are you. Your Health Space is a free service for health care organizations that offers training designed to meet your unique needs.

Attend an in-person or virtual workshop. Work through a module. Work with us. *We're here for you.*

Creating space for workplace mental health.

1.

Register: visit www.YourHealthSpace.ca



The screenshot shows the homepage of the Your Health Space website. At the top left is the logo for Your Health Space, which includes a green cross icon. To its right is the logo for the Canadian Mental Health Association Ontario, featuring a black square with a white cross. The navigation menu includes links for 'About', 'Your Trainers', 'Program' (which is underlined), 'FAQs', and 'Contact Us'. A language selector button labeled 'FR' is located in the top right corner. Below the navigation is a tagline: 'A free workplace mental health service for Ontario's health care organizations.' The main content area is titled 'Program' and contains a paragraph describing the training services. A green 'REGISTER NOW' button is positioned below the text. To the right of the text is a photograph of a healthcare worker in blue scrubs assisting an elderly patient with a walker.

Your Health Space | Canadian Mental Health Association Ontario

About | Your Trainers | Program | FAQs | Contact Us


FR

A free workplace mental health service for Ontario's health care organizations.

Program

Your Health Space provides training in several areas related to psychological health and safety in health care settings via free live workshops and self-directed modules. This programming is delivered through three distinct spaces designed for **Leadership**, **Health Care Workers**, and **Support Staff**.

[REGISTER NOW](#)



2.

Space for Leaders

3-hour live workshops

Space for Health Care Workers

20-30 minute live micro-learning sessions



eLearning course with facilitator will

Space for Support Staff

90-minute live workshops

will include topics such as:

Register: visit www.YourHealthSpace.ca



Canadian Mental Health Association
Ontario

[About](#) [Your Trainers](#) [Program](#) [FAQs](#) [Contact Us](#)

FR

A free workplace mental health service for Ontario's health care organizations.

Register Now

To register for Your Health Space, please take a moment to complete the questionnaire below. **Please note that registration must be completed by organizational leadership.**

Name of your organization

Your first and last name

Your role

Your work email address **Your work phone number**

3.



 **Your Health Space** | **Votre espace santé**

A free workplace mental health service for Ontario's health care organizations
Un service gratuit de santé mentale en milieu de travail pour le secteur de la santé de l'Ontario

Contact Us:

yourhealthspace@ontario.cmha.ca



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Q&A

1. Raise your hand in Zoom
- OR
2. Type your question in the chat box

