



# Mental Health Workshops

## With Certified Psychological Health and Safety Advisor

### 1. Mental Health Awareness

#### Introductory, facilitated conversation

- Learn the differences between mental health, illness and harm
- The facts and figures and why they are important
- Why we need to pay attention in the workplace

**Length:** 1 hour

**Intended audience:** Excellent first step – for Joint Health and Safety Committees, Safety Days, organizations unfamiliar with mental health.

### 2. Why Mental Health Matters

#### Hands-on workshop

- Learn the differences between mental health, illness and harm
- Facts and myths
- Hands-on learning: stigma, physical health versus mental health
- Stigma: what it is and how we can contribute to it or eliminate it
- Open conversation

**Length:** 3 hours

**Intended audience:** Small and large group learning; excellent for all staff.

### 3. Dare to Care: Have THAT conversation

#### Hands-on workshop

- Learn the differences between mental health, illness and harm
- Understand people's perceptions
- Know the keys to difficult conversations
- Recognize when it is time to have a conversation with someone
- Understand Dare to Care

**Length:** 3 hours

**Intended audience:** Small and large group learning; excellent for all staff.

### 4. Leadership and Mental Health

#### Workshop

- Business Case
- Legal Case
- People Case
- Lessons Learned
- First Steps

**Length:** 1 hour

**Intended audience:** Senior leaders

Programs are delivered in an engaging and non-threatening manner.



1 888 730 7821 Toll-free Ontario  
workplacesafetynorth.ca



## What people are saying

“It was fun, nothing at all what I expected...thanks”

“Angele is the right person to deliver this material”

“I went back to my team and explained my mental health challenge, thanks for giving me the courage”

“I never expected my guys to be engaged but they were!”

“I love the use of humour in the presentation as it takes the edge off a serious topic but allows for learning “

**Sessions can be designed and customized for length and content specific to the needs of your workplace. Programs delivered on-site or at a site chosen by client.**



### Angele Poitras

Certified Psychological Health and Safety Advisor

(705) 474 7233 ext. 327

[angelepoitras@workplacesafetynorth.ca](mailto:angelepoitras@workplacesafetynorth.ca)

### About Workplace Safety North

Your local health and safety partner

An independent not-for-profit, Workplace Safety North is one of four health and safety associations in Ontario, and the only one based in the north.

WSN provides provincially-approved workplace health and safety services for mining and forest products sectors, as well as businesses and communities across northern Ontario.

With health and safety specialists located across the province, WSN and its legacy organizations have been helping make Ontario communities safer for more than 100 years.

As a leading provider of health and safety services, businesses and communities call upon WSN for expert advice and training. For more information, visit [workplacesafetynorth.ca](http://workplacesafetynorth.ca).



1 888 730 7821 Toll-free Ontario  
[workplacesafetynorth.ca](http://workplacesafetynorth.ca)

