



## Healthy Minds in the Workplace

Imagine working in a highly productive environment in which you feel safe, respected and valued; the work is challenging; the demands of the job are reasonable; you have work-life balance; and your employer supports your involvement in your work and interpersonal growth and development. This is what is known as a mentally healthy workplace.<sup>1</sup> (source: Canadian Centre for Occupational Health and Safety)

Occupational Health and Safety)

The purpose of this column is help you increase your understanding, knowledge and recognition of mental health issues at work, to help you develop effective approaches to promoting mental health at work and to share resources and tools to help get you there.

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## Suicide Prevention Resource Center

Response to CDC Release - [Suicide Rates by Occupational Group- 17 States, 2012](#).

- Action Alliance responds to new CDC article showing suicide rate by occupation: <http://bit.ly/293yavl>
- New CDC data can inform efforts to help reduce the number of suicide among working adults: <http://bit.ly/293yavl>

### Zero Suicide as a Model for Better Identification and Treatment of Patients at Risk for Suicide

Action Alliance Executive Committee member Dr. Michael Hogan and Dr. Julie Goldstein Grumet, Director of Health and Behavioral Health Initiatives at the Suicide Prevention Resource Center, published *[Suicide Prevention: An Emerging Priority For Health Care](#)* in the Behavioral Health Volume 35 Issue 6 of Health Affairs Journal. The paper presents Zero Suicide as a model for better identification and treatment of patients at risk for suicide.

### The National Association of Social Workers (NASW) endorsed the Action Alliance's *[Suicide Prevention and the Clinical Workforce: Guidelines for Training](#)*.

The guidelines are a framework for the development, adoption, and adaptation of training efforts for the clinical workforce in serving persons at risk for suicide.

### The National Action Alliance for Suicide Prevention released *[Crisis Now: Transforming Services is Within Our Reach](#)*

This report highlights the fractured mental health crisis services system in the United States and recommends actions we can take to improve care for struggling individuals.


### [A Construction Industry Blueprint: Suicide Prevention in the Workplace](#).


The National Action Alliance for Suicide Prevention's Workplace Task Force and the Carson J Spencer Foundation, in partnership with RK, has jointly released a suicide prevention guide entitled, [A Construction Industry Blueprint: Suicide Prevention in the Workplace](#). The guide is a clear call-to-action to construction executives around the world to make suicide prevention a health and safety priority. It also gives managers clear guidelines on healthy approaches and prevention measures. The Blueprint is intended to assist construction industry workplaces in building their capacity to better prevent suicide.

### *[Breaking the Silence: Suicide Prevention in Law Enforcement](#)*

Working in partnership with the International Association of Chiefs of Police (IACP), the Carson J Spencer Foundation, the National Action Alliance for Suicide Prevention, and the American Association of Suicidology developed a video entitled [Breaking the Silence: Suicide Prevention in Law Enforcement](#) and in an expanded collaborative effort, the partnership has released a [video facilitation training guide for law enforcement agencies](#)

### **HealthyMinds@Work Mental Health Resources**

- **Mental health and well-being in the workplace: what works and why it makes business sense**  
Source: [The Conference Board of Canada](#)
- **Centre of Expertise on Mental Health in the Workplace**  
Source: [Treasury Board of Canada Secretariat](#)
- **Preparing for and responding to trauma in the workplace: a manager's equide**  
Source: [Health Canada](#)
- **Workplace trauma**  
Source: [Great-West Life Centre for Mental Health in the Workplace](#)
- **Bullying and harassment in the workplace infographic**  
Source: [Canadian Centre for Occupational Health and Safety \(CCOHS\)](#)
- **Taking a proactive approach to maintaining a mentally healthy workplace**  
Source: [Canadian Centre for Occupational Health and Safety \(CCOHS\)](#)
- **Guidelines for the practice and training of peer support**  
Source: [Mental Health Commission of Canada](#)
- **An addiction in the family: what it means for the workplace**   
Source: [Alberta Health Services \(AHS\)](#)
- **Health impact of the psychosocial hazards of work: an overview**  
Source: [World Health Organization \(WHO\)](#)
- **Podcasts: health and safety to go!**  
Source: [Canadian Centre for Occupational Health and Safety \(CCOHS\)](#)
- **Business case for health and safety**  
Source: [Canadian Centre for Occupational Health and Safety \(CCOHS\)](#)
- **Mental health in the Canadian workplace infographic**  
Source: [Canadian Centre for Occupational Health and Safety \(CCOHS\)](#)
- **Bullying is not part of the job**  
Source: [Canadian Centre for Occupational Health and Safety \(CCOHS\)](#)
- **Respect, everyone deserves it**  
Source: [Canadian Centre for Occupational Health and Safety \(CCOHS\)](#)
- **10 healthy habits for mental fitness**  
**Source: [Canadian Centre for Occupational Health and Safety \(CCOHS\)](#)**
- **Mental or physical, illness is illness**  
**Source: [Canadian Centre for Occupational Health and Safety \(CCOHS\)](#)**
- **Healthy minds at work: workplace support is key**  
Source: [Canadian Centre for Occupational Health and Safety](#)

- **Healthy minds at work**  
Source: Canadian Centre for Occupational Health and Safety (CCOHS)
  - **Mental health in the workplace**  
Source: Health Canada
  - **Workplace mental health: how employers can create mentally healthy workplaces and support employees in their recovery from mental illness**   
Source: Mood Disorders Society of Canada (MDSC)
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