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## Explore Workplace Strategies' new website and free resources

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The past 18 months have been challenging. And now, summer has come to an end, students are back to school and the COVID-19 pandemic continues to impact communities across the country. Many Canadians are struggling to support their own mental health at work.

Workplace Strategies for Mental Health has launched a new and improved website, filled with resources that can help. All our resources are credible, evidence-based and free to all Canadians. Any workplace or employee can visit our website and its contents to help protect psychological safety at work.

Maybe you're hoping to better understand how you can support your organization, colleagues or team in protecting mental health at work. Or perhaps you're looking for resources to help your loved ones. Whether you're a leader, executive, HR professional or employee, there's something for everyone.

**Workplace Strategies  
for Mental Health**

Compliments of Canada Life

Here are a few pages you may want to explore:

- 1. Mental health at work:** this section includes information, tools and strategies you can use if you're experiencing a mental health issue at work – whether you need to disclose a health condition, find peer support or request accommodation, this page can help you navigate through it.
- 2. Managing stress:** this section of the site is focused on how we can better respond to stressful situations through things like sleep, breathing techniques, interpreting our thoughts and more.
- 3. Employee mental health issues:** if you're a leader, this page is for you. It outlines accommodation strategies, managing co-workers' reactions to accommodation, supporting employees when they return to work and more.

That's just the beginning. There are plenty of other resources available, focused on a variety of topics like grief, addiction, mental health in retirement and more.

To make the most of our new website, you can also create a free account, which allows you to save helpful content to review later on, provide feedback on our content via comments and more. You can also share the new website with anyone you think could benefit from it.

## Sign up for weekly resources

Want some other reminders to help you make mental health and psychological safety a priority? Subscribe to Workplace Strategies' newsletter – it only takes a few minutes to read. It's sent out every week and focuses on a different, relevant topic each time, like mental health awareness, leadership strategies or healthy break activities you can save for inspiration.

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All Workplace Strategies resources are available to anyone at no cost, compliments of Canada Life.

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