

# There is NO Health without MENTAL HEALTH

WRAP YOUR HEAD AROUND THIS...



- Mental health is the **#1** cause of disability claims in Canada
- In any given week, more than **500,000** Canadians will not go to work due to mental illness

- In any given year, **1 in 5** people in Canada experiences a mental health problem or illness, with a cost to the economy in excess of **\$50 billion**

- More than **30%** of disability claims and **70%** of disability costs can be attributed to mental health issues

Source: Mental Health Commission of Canada

It's easy to recognize the hazards that cause a physical injury, but what about the injuries and illnesses that aren't so obvious? There is no single known cause for most mental health problems and illnesses. Social, economic, psychological, biological and genetic factors can all play an integral role.



## WHAT CAN YOU DO?

Workplaces can play an essential part in maintaining positive mental health.

**START** a dialogue – make it easy for people to talk about mental health issues

**BE AWARE** of the impact of the language being used in the workplace – calling people “crazy” or telling them to “suck it up” perpetuates the stigma

**ENGAGE** workers to create a mentally healthy work environment

## TALK ABOUT IT...

Supervisors play an important role in creating an environment where people feel safe talking about mental health issues.

- ✓ **Address** mental health issues at work
- ✓ **Let people know that they're not alone**
- ✓ **Be familiar with the supports and resources** offered by your organization



Workplaces must play a positive role in enhancing mental health



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