

Psychological Health and Safety Resources

Resource	Link
National Standard for Psychological Health and Safety in the Workplace	https://www.mentalhealthcommission.ca/English/what-we-do/workplace/national-standard
Assembling the Pieces - Implementation Guide for the National Standard	https://www.csagroup.org/documents/codes-and-standards/publications/SPE-Z1003-Guidebook.pdf
Comparing LEADS Framework with the National Standard	https://leadscanada.net/uploaded/web/pdf/TransformingHealthcareOrgs_FinalSept2018_EN.pdf
Mental Health in the Workplace (Government of Canada)	https://www.canada.ca/en/public-health/services/mental-health-workplace.html?_ga=1.157395962.152184123.1426527407
Workplace Strategies for Mental Health	https://www.workplacestrategiesformentalhealth.com/
Psychologically Safe Leader Assessment	https://www.workplacestrategiesformentalhealth.com/psychological-health-and-safety/psychologically-safe-leader-assessment
13 Factors - Whiteboard Videos & Facilitator's Guide	https://www.ottawapublichealth.ca/en/public-health-services/ht-workplaces.aspx
Introductory video to Psychological Health and Safety	https://www.youtube.com/watch?v=nLjPE8qVn0Y&feature=youtu.be
Advancing Psychological Health and Safety in Healthcare Settings video	https://www.mentalhealthcommission.ca/English/media/4098
Caring for Healthcare Tool Kit	https://www.mentalhealthcommission.ca/sites/default/files/2019-04/Caring%20for%20Healthcare%20Toolkit.pdf
Building Stronger Teams	https://www.workplacestrategiesformentalhealth.com/pdf/Building_Stronger_Teams_Oct_2016_EN.pdf
Canadian Centre for Occupational Health and Safety (CCOHS) - Healthy Minds @ Work	https://www.ccohs.ca/healthyminds/
Being a Mindful Employee: An Orientation to Psychological Health and Safety in the Workplace (CCOHS)	https://www.ccohs.ca/products/courses/mindful_employee/
CCOHS Health and Wellness page	https://www.ccohs.ca/topics/wellness/
Taking Action on Workplace Stress Infographic (CCOHS)	https://www.ccohs.ca/products/posters/workplace_stress/
10 Healthy Habits for Mental Fitness (CCOHS)	https://www.ccohs.ca/products/posters/mental_fitness/
Health PEI Respectful Workplace Resources	https://src.healthpei.ca/respectful-workplaces
Understanding Stigma (Mental Health Commission)	https://www.mentalhealthcommission.ca/English/what-we-do/stigma-and-discrimination
Guarding Minds at Work	https://www.guardingmindsatwork.ca/resources