

## CMHA Oxford Education & Training Opportunities: Supporting Employees at Work

Improving psychological health and safety in the workplace begins with shifting the conversation. The right words, tools, and information, empowers employers and employees to feel comfortable talking about mental health.

These are important conversations. Employees want to know their organization recognizes the importance of psychological health and safety in the workplace. This can result in higher levels of productivity and lower levels of absenteeism, presenteeism, and turnover.

We teach workplaces the skills and tools needed to feel comfortable to have conversations about mental health with co-workers. Through evidence-based, capacity-building workshops, participants will learn how to shift the conversation and guide their peers towards the right tools, information, and support.

Let's work together to foster mental wellness at your workplace. Contact us for more information, and to book one of our three workshops or specialized trainings.

	Mental Health at Work: Support	Mental Health at Work: Focus	Mental Health at Work: Foundations	Mental Health at Work: Specialized Training
	1 Hour	3 Hours	6 Hours + Breaks	Varies by Training
	Up to 40 People	Up to 40 People	Up to 20 People	Varies by Training
Mental Health Awareness	✓	✓	✓	* Mental Health First Aid
Responding to common scenarios	✓	✓	✓	
Learning about services provided by CMHA Oxford	✓	✓	✓	
Depression & Anxiety in the Workplace		Option A	✓	* Applied Suicide Intervention Skills Training
Workplace Mental Health & Safety		Option B	✓	* safeTALK
Mood and Depression			✓	* Compassion Fatigue
Stress & Anxiety			✓	
	Great as a Lunch & Learn!	Very effective as a professional development session, conference breakout, refresher	Recommended for all staff, supervisors, managers, union representatives	