

Handout on Talking to Employees about Mental Health



BENEFITS

May 4-10, 2015 was [Mental Health Week in Canada](#). Mental health issues impact individual's lives in many ways, including at work. And employers have a duty to not only protect workers' psychological or mental health and safety but also accommodate any mental disabilities they might have. But managers and supervisors may have difficulty raising mental health issues with employees.

HOW TO USE THE TOOL

Give this handout to managers and supervisors to help them understand what they should and should not do when discussing mental health issues with employees. Tailor the handout for your company's policies and programs, including any EAPs.

OTHER RESOURCES:

[Workplace Resources for Employers: Mental Health in the Workplace](#)

Mentalhealthworks.ca

[Psychological Safety Compliance Centre](#)