

Poll Finds Workplaces Aren't Doing Enough to Address Workplace Mental Health



Employers may feel like they have their hands full just ensuring workers' *physical* health and safety. But the fact is they can't ignore workers' *mental* health, too.

So we recently asked if your workplace takes steps to ensure workers' mental health. The results are disheartening:

- 58% said their workplace doesn't address worker mental health at all
- 33% said their workplace takes *some* steps to address worker mental health
- Only 8% said their workplace takes a robust approach to worker mental health.

Given that 1 in 5 Canadians will experience a mental health problem or illness this year and that the personal toll on employees' and the financial costs to their employers' is enormous, employers would be well served to start paying more attention to mental health issues.

The OHSInsider.com can help you take steps to address mental health in the workplace with articles, tools and other resources, such as:

- How to remove the stigma attached to mental illness in your workplace
- How to use this checklist to implement the National Standard of Canada for Psychological Health and Safety in the Workplace
- Learn about mental health first aid officers and how your workplace could benefit from them
- A discussion of a study on mental health issues and workers
- A handout for workers on workplace stress
- A stress prevention at work checklist
- An infographic on depression in the workplace.

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