

Plan sponsor/employer reference guide

Workplace Strategies for Mental Health is a leading source of free, practical tools and resources designed to help employers, leaders and employees develop, support and maintain psychological health and safety for all. To achieve this, free tools and resources are organized into four main sections. Detailed menus appear when you click on the section titles in the top banner of the Workplace Strategies' website at workplacestrategiesformentalhealth.com. Below are examples of the topics available in each section.

1. Organizational Strategies

Policies, programs and prevention strategies to support workplace mental health and psychological safety for everyone in an organization.

Policies, programs and prevention

Practical approaches for protecting the psychological health and safety of employees. This includes effective policies and prevention strategies to eliminate or mitigate risks.

- [Discrimination prevention and inclusivity](#)
- [Harassment and bullying prevention](#)
- [Emotional intelligence in organization](#)
- [Impairment policy](#)
- [Indigenous engagement planning](#)
- [Mental health policies and programs](#)
- [Termination and layoff planning](#)

Psychological health and safety

Learn about psychological health and safety management systems and how to implement one.

- [Evaluation planning for psychological health and safety](#)
- [Implementing the standard](#)
- [Where do we start with psychological health and safety?](#)

2. Approaches for people leaders

Effective approaches to developing leadership skills, team building and supporting employee success.

Employee concerns

Guidelines and resources to respond to issues about work, performance and well-being.

- [Burnout response for leaders](#)
- [Communicating with emotional employees](#)
- [Conflict response for leaders](#)
- [Helping employees to manage change](#)
- [Performance management](#)

Leadership Skills

Tools for leaders to resolve workplace issues and improve psychological health and safety for all.

- [Discussing difficult topics effectively](#)
- [Developing employee plans for leaders](#)
- [Emotional intelligence for leaders](#)

Team building

Free and practical tools including team activities, workshop materials and facilitation tips.

- [Facilitation tips for leaders](#)
- [Hybrid teams](#)
- [On the agenda workshop series](#)

3. Resources for employees

Resources to support well-being for employees and their families.

At work

Resources and tools to help employees address workplace issues. Find an array of approaches for conflict, bullying, accommodation and well-being.

- [Dealing with a stressful boss](#)
- [Mental health awareness videos](#)
- [Resolving personal conflict](#)
- [Working parents](#)

Getting help

Tools to help you and those you care about who may be struggling with health issues. We searched for credible and practical resources on a wide variety of health concerns.

- [Caregiver resources](#)
- [Self-assessment health tools](#)
- [Supportive conversation library](#)
- [Virtual support groups](#)

Personal growth

Free tools and resources to support resilience, emotional intelligence and well-being.

- [Managing stress](#)
- [Mental health apps](#)
- [Resilience](#)

4. Assessments, tools and workshops

Free materials, tools and resources to support mental health and psychological safety.

Workshop materials include slide presentations, facilitator guides and participant handouts.

- [Emotional intelligence and resilience](#)
- [Engagement and culture](#)
- [Return to work and accommodation](#)
- [Workload management](#)

Subscriptions

Sign up for our free newsletters and be among the first to know about our newest workplace strategies resources and initiatives.

News from Workplace Strategies

Email newsletters and email bulletins as news happens

Take Your Break

Weekly emails with break activity ideas for individuals and teams at work

Mental Health Awareness

Emails with videos and practical information that can help you better understand the experience of mental health issues at work

Psychologically Safe Leader

Practical information and tips with links to resources to help support open communication and supportive relationships within your team

Can't find what you're looking for?

Try using the Search function found at the top right-hand corner of the web page.

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