



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

National Standard for Psychological Health and Safety in the Workplace

What is the Standard?

Set of guidelines, tools and resources focused on promoting employees' psychological health and preventing psychological harm due to workplace factors.



Features

- Voluntary and flexible
- Set of tools NOT rules
- Applicable to any type of organization
- Helps shift organizational culture to support psychological health
- Measures progress



Cost of Inaction

- Absenteeism
- Presenteeism/lost productivity
- Disability claims
- Injuries/illnesses
- Grievances/complaints
- Turnover
- Legal implications
- Staff disengagement



Get Started

set your own pace | keep it bite sized | stay nimble

Elements for successful implementation

- Secure a champion
- Gain leadership support
- Take stock of what's already in place
- Develop a policy
- Engage employees
- Establish a baseline
- Develop a multi-year plan



500,000

Canadians, in any given week, are unable to work due to mental health problems



1 in 3

workplace disability claims are related to mental illness



70%

of disability costs are attributed to mental illness



Download

The *Standard* and access other free resources:

csa.ca/z1003

Assembling the Pieces:

An Implementation Guide to the Standard:
mentalhealthcommission.ca/standardguide

mentalhealthcommission.ca

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