



## BULLETIN

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July 2019

### **Psychological Health and Safety in the Workplace – Level One Mental Health and the CSA Standard**

**DATE: September 24, 2019**

**TIME: 9:00am – 4:30pm**

**PLACE: Coast Capri Hotel, Vineyard – Section 1-2  
1171 Harvey Avenue, Kelowna, BC**

The Occupational Health & Safety Centre present:

Each year in Canada one in five people will experience a mental health problem or illness. Over a lifetime that number increases to 1 in 3. The impact to our economy is a cost of more than 51 billion dollars.

The objective of this workshop is to provide participants with the tools to create strategies that will support workers with mental health issues, individually and collectively.

A Psychological Health and Safety Management System can help an organization identify hazards that can contribute to psychological harm to the worker. It is a preventive approach that assesses your workplace practices and identifies areas for improvement. A voluntary CSA Standard (Psychological Health and Safety in the Workplace) has been developed to help organizations work towards this vision as part of a process of continual improvement.



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In this course participants will:

- Learn about the myths and facts of mental illness
- Identify the stigma associated with mental health illness
- Identify organizational factors that contribute to mental illness
- Learn how to apply the CSA standard for Psychological Health and Safety in the workplace as an effective strategy to create a workplace environment supportive of mental health
- Learn about other resources available to workplaces

Please go to [My Events Registration](#) to sign up today! It is advised to sign up early to save your spot! Coffee, tea, lunch and an afternoon snack will be provided. Breakfast is not included. Those who are travelling will be provided with a breakfast voucher with their accommodation. Breakfast per diems will not be accepted.

We hope to see you there!