



A free workplace mental health service for Ontario's health care organizations



Canadian Mental Health Association Ontario

## What is the problem?

Workplace stressors have been exacerbated by the COVID-19 pandemic, increasing rates of burnout among health care workers and placing an unprecedented strain on Ontario's health care system. **Your Health Space** is a free service that provides health care organizations with resources designed to help address this chronic workplace stress. Health Care Workers, Leaders, and Support Staff will participate in psychological health and safety training through live workshops and self-directed modules.

## Who is this program for?



**Health Care Workers:** nurses, doctors, personal support workers, social service workers, and other health care workers.



**Support Staff:** administrative, custodial, security, kitchen, and other support staff.

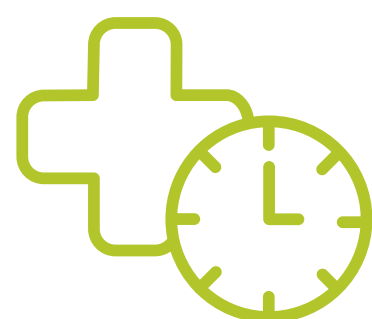


**Leaders:** managers, supervisors, human resources, and other people leaders.

Available to those working in



HOSPITALS



LONG-TERM CARE



HOME & COMMUNITY

Join us for a virtual information and Q&A session on

- **Tuesday, June 14th 2022, 2 - 3 PM (ET)**
- **Wednesday, June 15th 2022, 10 - 11 AM (ET)**
- **Tuesday, July 12th 2022, 2 - 3 PM (ET)**
- **Thursday, July 14th 2022, 10 - 11 AM (ET)**

## This program

...is funded by the Ontario Ministry of Health and exclusive to Ontario's health care settings.

...embraces a holistic approach. Cultivating workplace mental health takes the collective effort of individuals across an entire organization.

...is delivered through self-directed eLearning modules and in-person and virtual live workshops. Select workshops can be tailored to your organization's unique needs.

...offers organizations and individuals a digital badge and certificate, respectively, upon completion of the program.