

The Working Mind: Better Conversations, Stronger Teams, Healthier Workplaces

The Working Mind is a mental health training course designed to initiate a change in how you think, feel, and act about Mental Health.

What can The Working Mind provide for individuals, teams and your organization?

Mental Health Awareness and Understanding

Recognize signs of good, declining, and poor mental health in others, and yourself.

Break Down Stigma

Cultivate a safe, supportive environment where mental health can be discussed openly and without judgment, using respectful and non-stigmatizing language.

Strengthen Communication Skills

Develop a shared language to foster open dialogue about mental health between colleagues and within teams

Improve Resilience

Improve individual resilience through practicing coping strategies in times of stress and equipping managers to support their teams with the same tools and strategies.

Course structured for impact

Module 1

Mental Health Stigma Examine concepts of mental health and discuss the impacts of stigma on individuals living with mental health or substance use problems.

Module 2

Mental Health Continuum Tool

Use the Mental Health Continuum Tool to notice changes in mental health and well-being of yourself and others. Discuss how to have conversations with others about mental health.

Module 3

Stress and Resilience

Explore the impacts of stress on mental health, and practice applying the Big 4 Coping Strategies- simple but proven tools to deal with stress effectively and remain resilient.

Module 4

Supporting Your Team (Managers only)

Practice skills to support team's mental health and well-being. Review appropriate actions to take in each colour zone of the Mental Health Continuum and to address related to critical incidents and supporting employees.

Key Objectives:

- Recognize signs of good, declining, and poor mental health.
- Understand mental health as a continuum.
- Understand and reduce stigma and barriers to care in the workplace.
- Engage in mental health conversations with others.
- Identify stressors and apply coping and self-care strategies.
- Support team mental health with tools and resources (managers only)