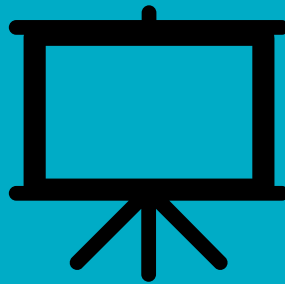


# Welcome to the webinar

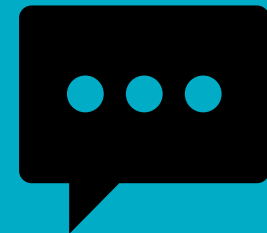
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Test your audio before we begin. Directions are in the handout section.



The presentation is in the handout section. Please download during the webinar.



Use the questions feature for commentary and questions.

Small steps can lead to big changes in your organization

# Psychological Health and Safety

Virtual Learning Series  
January 22 - 26, 2024

Join us for a series of webinars focusing on mental health  
and psychologically healthy and safe workplaces

**WorkplaceNL**

9-8-8

Suicide Crisis Helpline

Get Help

Understanding Suicide

Menu 

# You deserve to be heard. We're here to listen.

A safe space to talk, 24 hours a day, every day of the year.

Call 9-8-8



Text 9-8-8

SMS

What happens when you call or text



*If your safety is at risk, call 9-1-1 right away.*





# The Power of Reaching Out

Joanne Cuff  
Health and Safety Advisor

Prevention Services

January 24, 2024

**WorkplaceNL**

Health | Safety | Compensation





# Housekeeping Items

# Today's Topics

- Definition of mental health
- Trust the signs
- How to reach out about mental health
- Steps to reaching out
- Benefits of reaching out

“One of the most important things you can do on this earth is to let people know they are not alone.”  
~ **Shannon L. Alder**







# what is psychological (mental) health?

well-being

balance

engaged

productivity

successful

coping

contribution

balance

life stresses

abilities

# 2020

Depression became the leading cause of disability worldwide.

# 1 in 3

will experience a mental health problem in their lifetime.

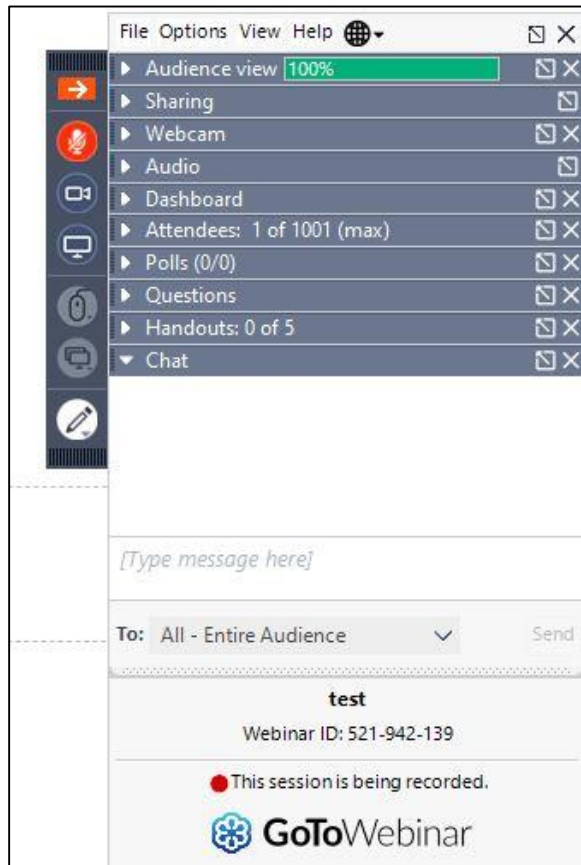
# 500,000

unable to work in any week because of a mental health problem.

# 70%

of disability cost are attributed to mental illness.

*\*Statistics from the Mental Health Commission of Canada, Statistics Canada*



## CHAT TIME

What are some signs that would indicate that someone is having mental health challenges?

Enter your answer in the Chat Box.

# Trust the Signs...



# Poll question

What is the likelihood you would reach out to somebody about their mental health?

- Likely
- Not Likely
- Never



# How to reach out



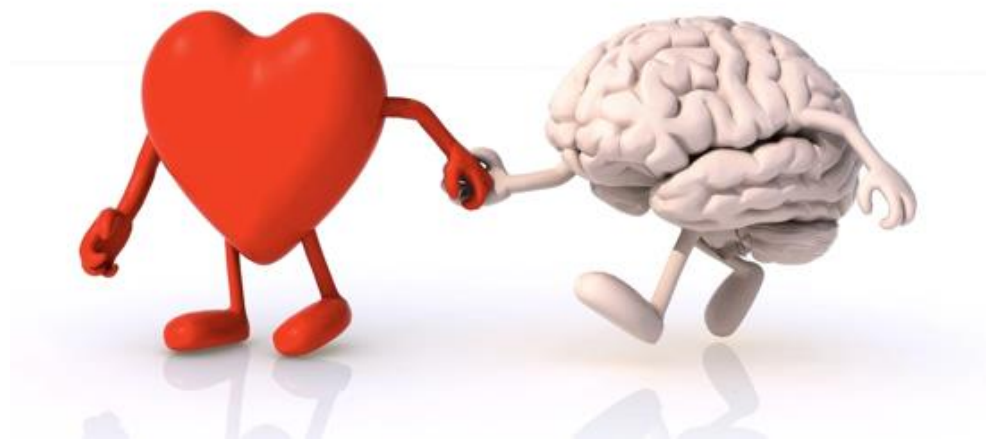
# Preparing to reach out: Why it is important



# Preparing to reach out: why it is important



# Simple Steps for Reaching Out



1. Ask
2. Listen
3. Encourage action
4. Check-in



Ask...

Are you ok?

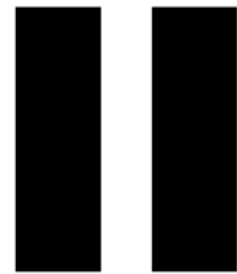




# Listen



# The Power of

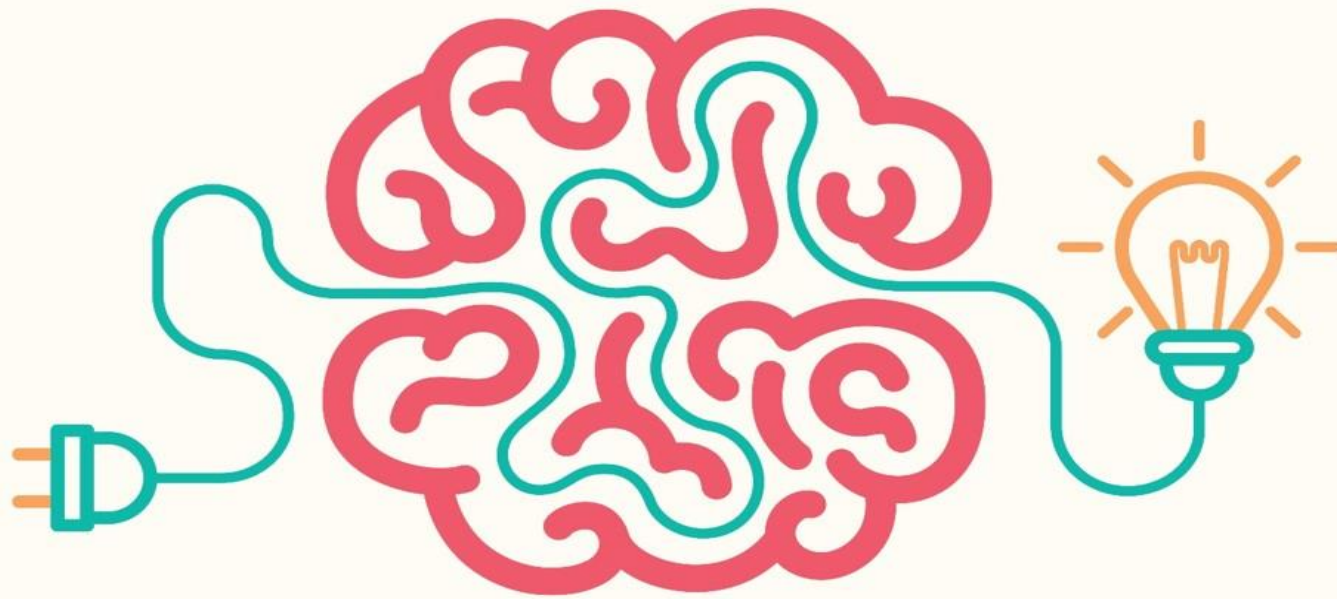


# Pause

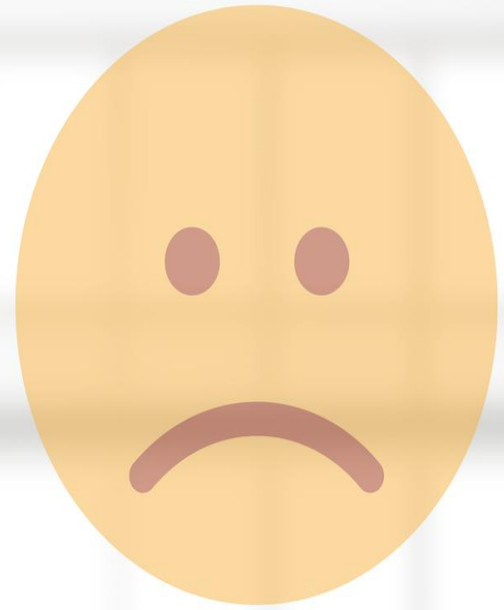
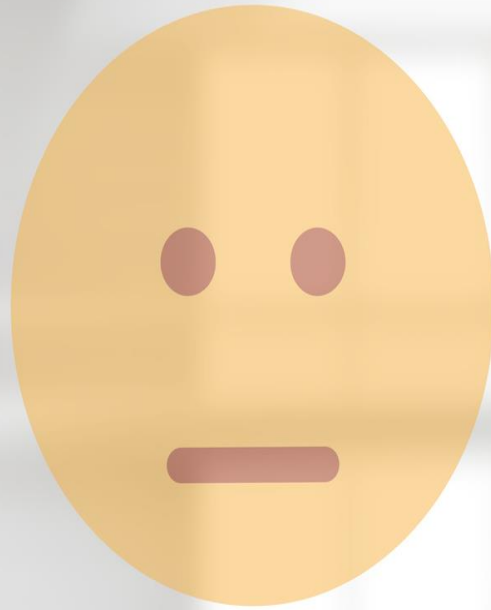
# NO JUDGEMENT ZONE

Resist making  
any judgments  
or conclusions  
about what's  
going on.

# Encourage action



# Check-in







Take care of   
yourself





# Benefits of reaching out

# Key Points

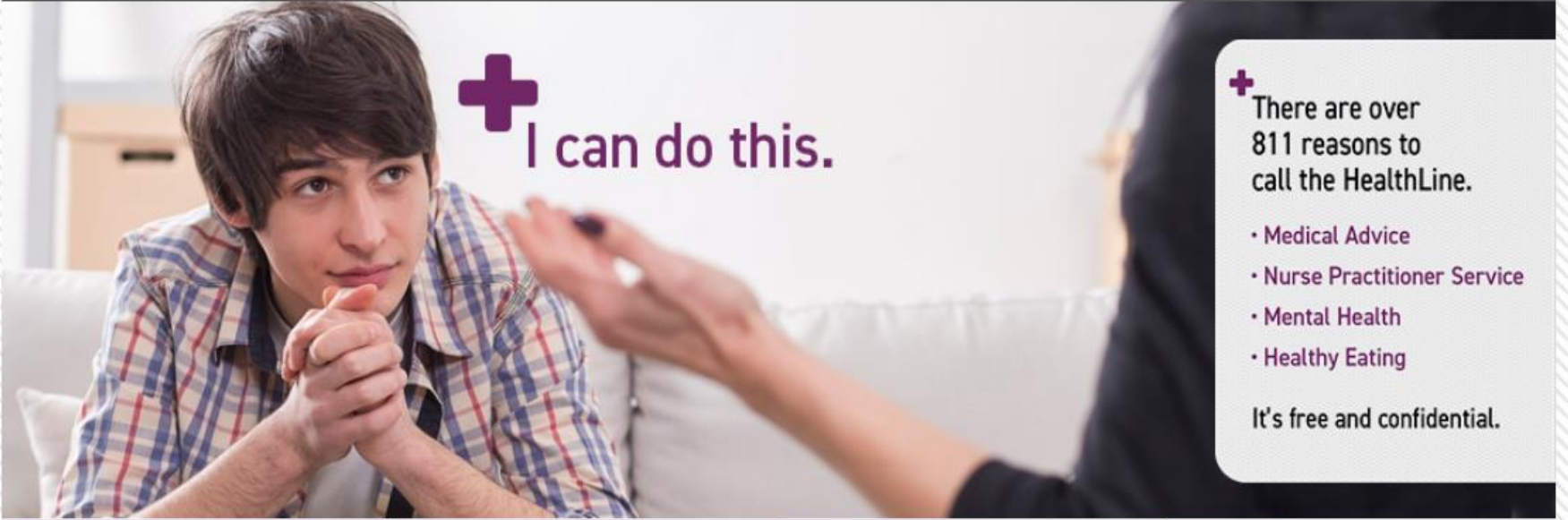


# Poll question

After completing this webinar would you feel more comfortable reaching out to somebody about their mental health?

1. Yes
2. No
3. I don't know





**+** There are over 811 reasons to call the HealthLine.

- Medical Advice
- Nurse Practitioner Service
- Mental Health
- Healthy Eating

It's free and confidential.

**Medical Advice and Health Information**

**Mental Health**

**Healthy Eating**

**Virtual Care**

## Mental Health

If you or someone you know has a mental health, substance use or addiction emergency call 911.

## Bridge the gApp

Bridge the gApp Adult is an online resource designed to support mental wellness.

For Adults



Bridge the gApp Youth is an online resource designed to support mental wellness.

For Youth



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# Lifewise Warm Line, 855-753-2560

Need to talk to someone? 📞 Call our Warmline 10AM-12AM Daily (EN) [1-855-753-2560](tel:1-855-753-2560) (FR) [1-833-753-5460](tel:1-833-753-5460)

lifewise  
mental health peer services

Need to talk to someone?  
We're here to listen.

Our Warmline is open

English Français



## The Signal: WorkplaceNL's Health and Safety Podcast

By WorkplaceNL Health and Safety Podcast

Workers have a right to healthy and safe workplaces. Occupational health and safety (OHS) practices and principles help protect workers from injuries and illnesses while working. Join us as we explore current OHS topics that can improve the health and safety of workplaces.

Listen on  Spotify

### The Three Pillars of Stress Management and Good Mental Health Series:

1. Nutrition
2. Movement
3. Sleep

WHERE TO LISTEN



<https://anchor.fm/workplacelnlspodcasts>

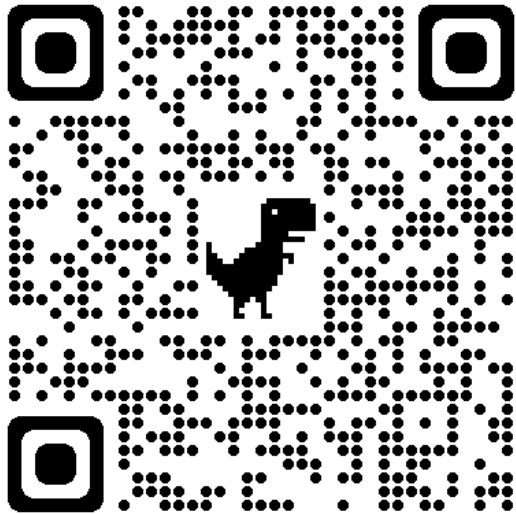
# Psychological Health and Safety

Virtual Learning Series

Small steps can lead to big changes in your organization January 22-26, 2024

- Small Steps, Big Gains to Prevent Burnout - January 22, 10-11am
- Belonging at work: It Matters - January 23, 10-11am
- The Power of Reaching Out - January 24, 10-11am
- The Many Faces of Stigma - January 25, 10-11am
- Assessing the Psychological Health and Safety of Your Workplace - January 26, 10-11am

# Upcoming webinars



For a complete listing of events, visit [workplacenl.ca/events](http://workplacenl.ca/events) or scan the QR code.



**THANK YOU!**

