



Alberta Addiction and Mental Health
Research Partnership Program

**ONLINE
ADDICTION AND MENTAL HEALTH
WORKPLACE RESOURCES
2017**



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BACKGROUND

Overview

This document includes information about online resources addressing addiction and mental health issues in the workplace. It provides a list of relevant links for employers and employees to help foster a safer and healthier workplace. Contents are current up to August, 2017.

Search

A number of websites of relevant Canadian and American organizations were searched, including Alberta Health Services, the Canadian Centre for Occupational Health and Safety, and the Substance Abuse and Mental Health Services Administration. A supplementary Google search was also conducted.

Limitations

The search was limited to English language websites from Canada and the United States; therefore, the sites listed are not inclusive of all available resources on the Internet.



1.0 ADDICTION RESOURCES

1.1 Alberta Health Services

Description

Alberta Health Services provides workplace resources to inform employers and employees about alcohol, other drugs, and gambling problems as well as advice for making workplaces safe and healthy.

Resource(s)

- » [Workplace Resources for Employers and Employees](#)
- » [Alcohol and Drug Testing](#)
- » [Employee Assessment](#)

1.2 Canadian Centre for Occupational Health and Safety

Description

The vision for the Canadian Centre for Occupational Health and Safety is the elimination of work-related illnesses and injuries. They provide tools and resources to improve workplace health and safety programs.

Resource(s)

- » [Substance Abuse in the Workplace](#)
- » [Workplace Strategies: Risk of Impairment from Cannabis](#)
- » [Environmental Tobacco Smoke \(ETS\): Workplace Policy](#)

1.3 Canadian Centre on Substance Use and Addiction

Description

Start the Conversation, developed by the Canadian Centre on Substance Use and Addiction, the Mental Health Commission of Canada, and the Conference Board of Canada, provides statistics, risk factors, and strategies for addressing substance use in the workplace.

Resource(s)

- » [Start the Conversation: Problematic Substance Use and the Workplace](#)

1.4 National Business Group on Health

Description

The National Business Group on Health is an organization dedicated to providing large employers with solutions to major health care problems. The *Employer's Guide to Workplace Substance Abuse* provides strategies and treatment recommendations for addressing substance abuse.

Resource(s)

- » [An Employer's Guide to Workplace Substance Abuse](#)

1.5 Substance Abuse and Mental Health Services Administration

Description

SAMHSA is an agency of the United States Department of Health and Human Services. It strives to advance the behavioral health of America's communities.

Resource(s)

- » [Drug-Free Workplace Programs](#)
- » [Making Your Workplace Drug-Free](#)

2.0 MENTAL HEALTH RESOURCES

2.1 Alberta Health Services

Description

Alberta Health Services provides workplace resources to inform employers and employees about mental health and psychological safety problems within the workplace.

Resource(s)

- » [Workplace Resources for Employers and Employees](#)
- » [Minding the Workplace: Employees and Managers can Collaborate to Improve Mental Health in the Workplace](#)

2.2 Canadian Centre for Occupational Health and Safety

Description

The vision for the Canadian Centre for Occupational Health and Safety is the elimination of work-related illnesses and injuries. They provide tools and resources to improve workplace health and safety programs.

Resource(s)

- » [Healthy Minds @Work Mental Health](#)
- » [Mental Health - Introduction](#)
- » [Mental Health – Psychosocial Risk Factors in the Workplace](#)
- » [Mental Health – Return to Work](#)
- » [Workplace Health and Well-being: Comprehensive Workplace Health and Safety Program](#)

2.3 Canadian Mental Health Association

Description

The Canadian Mental Health Association (CMHA) is an organization that promotes mental health and supports resiliency and recovery from mental illness. The CMHA offers research and information services, and sponsors research projects and workshops, seminars, pamphlets, newsletters and resource centres.

Resource(s)

- » [Mental Illness in the Workplace](#)
- » [Work/Life Balance](#)
- » [Mental Health Works](#)

2.4 Great-West Life Centre for Mental Health in the Workplace

Description

The *Workplace Strategies for Mental Health* is an initiative by the Great-West Life Centre for Mental Health in the Workplace. The initiative's website provides a wide range of free public resources to help employers foster psychological health and safety in the workplace.

Resource(s)

- » [Workplace Strategies for Mental Health](#)

2.5 Manulife

Description

This site aims to help employers and employees learn more about mental health by providing tools and resources to increase their educational awareness.

Resource(s)

- » [Workplace Solutions for Mental Health](#)

2.6 Mental Health Commission of Canada

Description

The Mental Health Commission of Canada has developed numerous resources to support mentally healthy workplaces, including the *National Standard for Psychological Health and Safety in the Workplace*.

Resource(s)

- » [National Standard for Psychological Health and Safety in the Workplace](#)
- » [Workplace Resources](#)

2.7 American Psychiatric Association

Description

The Center for Workplace Mental Health is a collaboration of employers and the American Psychiatric Association. It aims to increase awareness about mental health problems and provide support for employees.

Resource(s)

- » [The Center for Workplace Mental Health](#)
- » [Employer Resources](#)