

Wellness Articles

Attached are weekly health and wellness articles provided by Alberta Health Services. As a way to help all Albertans live a healthy life, we welcome and encourage weekly newspapers, community newsletters and other publications to reproduce this information free of charge. Credit to Alberta Health Services or the identified content provider would be appreciated.

If you would like to be added to the distribution list for these articles, please email: Rebecca.johnson2@albertahealthservices.ca. You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at <http://www.albertahealthservices.ca/9966.asp>

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Mental Health in the Workplace

Mental Health is our ability to cope with the normal stresses of life.

We all have mental health. But we all have varying levels of wellness.

One in five Canadians experience mental illness each year. Approximately 500,000 Canadians miss work each year because of their mental health.

Of those people who are struggling to manage their mental health, statistics show that only about a third will seek help. Many will never receive the help they need to manage their symptoms.

To support employees manage their mental health, strategies may include:

- Use a fit for work approach. Are there ways you can include wellness into the workplace to prevent time lost?
- Promote Employee and Family Assistance Programs or benefit plans that cover the cost of counselling support.
- Incorporate education on managing stress and different aspects of mental health into the workplace. Access your workplace insurance provider to determine if they offer education sessions or connect with your local Addiction & Mental Health office for support
- Access digital resources to address any gaps in your policy pertaining to staff
- Reach out to your local Addiction & Mental Health office for guidance in how to address mental health concerns in the workplace, arrange education sessions, or to learn about what resources are available for your staff

If you, or someone you know is struggling with their mental health, call 811 or your local Addiction & Mental Health office. Help is available.



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