



Mega Health At Work offers the following workshops, along with custom presentations, informal lunch 'n' learn sessions, and consultation, designed to help mitigate workplace stress and promote positive mental health. While we're sure you'll benefit from these workshops, imagine how much more you'd benefit if everyone in your company attended! So please pass this document along to your company's

leadership, including your HR Manager or Director of Operations. You'll be doing both yourself and your coworkers a favour.

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## Mental Health First Aid

Mental Health First Aid is a **12-hour** course certified by the Mental Health Commission of Canada helping you recognize and apply crisis first aid skills to mental health problems in the workplace including:

- Substance use and overdose
- Suicidal behaviour
- Acute stress reactions
- Panic and anxiety attacks
- Psychotic episodes

**REGISTER NOW** for these dates or schedule your own in-house training: Jan. 28 - 29, Feb. 21 - 22, Mar. 25 - 26, Apr. 29 - 30, May 27 - 28, June 3 - 4, Sept. 16 - 17, Oct. 28 - 29, Nov. 25 - 26

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## What Supervisors and Managers Need to Know

Join the Mega Health at Work team for this engaging and informative 3-hour workshop and learn not only how to effectively recognize mental health related concerns, but how to implement a practical process for supporting all employees in the workplace. More and more in today's workplace, Supervisors and Managers are called upon to manage and support staff struggling with mental health issues. Depression, anxiety, and other wellness disruptions are becoming serious productivity and performance issues. With the dramatic increase in disability claims, the World Health Organization predicts that the challenges will only increase. Despite the widespread nature of this issue, few leadership or management training programs prepare managers for the challenges of supervising staff with mental health illnesses. **REGISTER NOW** for March 18, 2019 or call to book your own in-house training.

## Lunch 'n' Learns

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At Mega Health at Work, we are passionate about erasing the dangerous stigma surrounding mental health. We believe that one of the best ways to do this is through education and open discussion. To help facilitate this process, we are proud to offer informal lunch and learn sessions at your location. NEW Lunch "n" Learns are in development - such as "Creating Your Self Care Plan" and "Helping a Co-Worker through Stress and Anxiety".

## Implementing Canada's Psychological Health and Safety Standards

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The National Standard of Canada for Psychological Health and Safety in the Workplace workshop is for both employees and employers. Employees will benefit from workplaces that promote and protect their psychological health and safety. For employers, the business case rests on four main parameters – enhanced cost effectiveness, improved risk management, increased organizational recruitment and retention and organizational social responsibility.

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519-577-4685

[www.megahealth.ca](http://www.megahealth.ca)

[info@megahealth.ca](mailto:info@megahealth.ca)

Mega Health at Work Inc. 5-420 Erb Street West, Suite 210, Waterloo, ON N2L 6K6 CANADA



/MegaHealthAtWorkInc



@megahealth\_



mega\_health\_canada



/Robin Bender