

TRAINING FOR WORKPLACE WELLNESS

Providing Custom Workplace Training

Certified MHFA and ASIST Workshops

Why is Mental Health Training important for your business?

Canadian employers are acknowledging mental health training as a top priority and understand that investing in employee wellness is good for business.

Physical and Psychological Safety must have equal merit when it comes to workplace health and safety standards and knowing how to provide support when mental health is a concern, is critical.

Cheryl Legate and Associates has a portfolio of services that can be implemented to benefit your staff, and ultimately your business. Our plans can be customized to meet your needs and systematically implemented to provide continuous support and protection.

Our multiple programs can be facilitated as standalone sessions, or combined, for broader impact on your organization.

Mental Health and Your Workplace - Full day

The course provides participants with training and an overview of recognizing signs and symptoms of what could be a developing mental health concern. It touches on the importance of overcoming the stigma of mental illness and it teaches individuals how to engage in conversation, offer support, and direct individuals to resources for further information, professional support and crisis intervention. Case studies and internal scenarios can be outlined in order to provide a better understanding of common interactions managing situations, and providing immediate help to someone experiencing a mental health crisis. Session includes: training materials, handouts, group activities, videos, case studies and resources.

Mental Health Awareness - Half Day Session

The half day training aims to increase employee awareness and provide an overview of the most common mental health concerns. It will teach participants to recognize the potential signs and symptoms, how they present in the workplace, how to engage in conversation, and where to direct individuals for appropriate support. Creating a supportive environment, de-stigmatizing mental illness and empowering individuals to seek tools and resources will result in your entire team being prepared for situations at work, in the community, and in personal circumstances. Session includes, handouts, group activities, and resources.

Lunch and Learn Session

Customized -This session will provide an overview on Mental Health, Addictions and Workplace Culture. This program outlines the importance of understanding the common concerns in the workplace and provides resources for follow-up education. Designed to provoke thought and encourage future exploration, individuals will gain an insight into how they can impact their workplace, their community, and their personal life through a basic understanding of the common signals we encounter every day. Resources will be provided, and steps for future education outlined.



Clients Include:



Cheryl Legate & Associates

Mental Health Matters!

Contact Cheryl Legate
info@cheryllegate.ca

tel. 519-871-9308
www.cheryllegate.ca



ASIST