

# VIRTUAL TRAINING FOR WORKPLACE WELLNESS

## Providing Custom Workplace Awareness Training

### 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 & 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 Awareness - 2-3 Hour Session

The 3 hour virtual 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 team being prepared for situations in the workplace, 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](mailto:info@cheryllegate.ca)

tel. 519-871-9308  
[www.cheryllegate.ca](http://www.cheryllegate.ca)



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