



Mental Health –Selfcare Resource Guide for Frontline Staff

PRE -RECORDED WEBINARS/ WORKSHOPS:

1. OCASI’s Mental Health Promotion in Immigrant and Refugee Serving Organizations Project’s goal is to build the capacity of newcomer and refugee services to promote mental health and newcomer wellbeing, and respond to mental health issues. The project aims to strengthen collaborations and partnerships between newcomer and refugee serving organizations, primary health, and mental health sectors through the development of a service model for mental health promotion.

Mental Health and Trauma Informed Care for Service Providers

- [Webinar 1: Overview on Mental Health – What It Is – Demystifying Mental Health](#)
- [Webinar 2: Mental Health and Stigma](#)
- [Webinar 3: Effective Support – Cultural Competence](#)
- [Webinar 4: Trauma Informed Care – What Does It Mean and How It Can Be Provided](#)
- [Webinar 5: Service Provider Self Care and Resiliency \(Amid COVID-19\)](#)
- [Webinar 6: Crisis Intervention – How to Mitigate Situations When Staff Face with Clients](#)

Section 1 - Workplace Mental Health

- [Increasing Capacity of Workers who have clients with mental health challenges](#)
- [Urban Poling for Mental Health Promotion](#)
- [Mood Walks](#)
- [Forest Therapy](#)
- [Workplace Stress and Self Care](#)
- [Mindfulness MBI in the Workplace](#)

Section 2 - Mental Health Training & Trauma Informed Care

- [MHW Training: Module 1 - Traumatic Stress and Compassion Fatigue](#)
- [MHW Training: Module 2 - Mood and Depression](#)
- [MHW Training: Module 3 - Stress and Anxiety](#)
- [MHW Training: Module 4 - Psychological Health and Anxiety](#)

Section 3 - Navigating Ontario’s Health System

- [Leading the Way in Mental Health Promotion for Refugees and Newcomers](#)
- [Navigating the Ontario Healthcare System Part I](#)
- [Navigating the Ontario Healthcare System Part II](#)



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2. Mental Health in a Safety Conscious Workplace

It has been estimated that approximately 20% of the Canadian workplace experiences a mental health issue. This webinar will provide insights into these relationships, looking at how to define and view mental health at work, and providing practical discussion for organizations, leaders, human resources, and occupational health and safety professionals.

[Mental Health in a Safety Conscious Workplace – Work Wellness Institute](#)

3. Workplace Positive Psychology Exercises: An Evidence-Based Guide to Implementation

This webinar will review the repertoire of individual-level positive psychology exercises that have been adapted for use in the workplace and provide guidance on how to effectively implement them in practice. Exercises reviewed will include: job crafting, gratitude, acts of kindness, and the reflected best self exercise. The guidance offered will address practical limitations as well as caveats from researchers throughout this practitioner-oriented webinar.

[Workplace Positive Psychology Exercises: An Evidence-Based Guide to Implementation – Work Wellness Institute](#)

4. Positive Psychology and Work Stress: When Stressors Make You Grow

Workloads are overwhelming and we feel like drowning in a sea of hindering work tasks. But there are times that we feel like we are up to the challenge of the next project. We look for ways to make our job more interesting and inspiring and we jump at the opportunity of taking on more responsibility or joining a new team. Those are exciting situations, ‘challenge stressors’, that signal for us that there is an opportunity to learn and grow. This webinar will describe the basics of the stress experience, and explain how we can set up workplaces to promote challenges and minimize hindrances.

[Positive Psychology and Work Stress: When Stressors Make you Grow – Work Wellness Institute](#)

5. Positive Psychology in the Workplace

In this webinar Dr. Gruman will introduce you to positive psychology and its applications in the workplace. He will also discuss his newly published book entitled *Boost: The Science of Recharging Yourself in an Age of Unrelenting Demands*, which summarizes the research on how we can use our leisure time to most successfully recharge our batteries. He will present his ReNU model of effective recovery, and provide specific, actionable steps we can all take to promote our health, happiness, enhance our performance, and overcome the fatigue that plagues contemporary workplaces.

[Positive Psychology in the Workplace – Work Wellness Institute](#)



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6. Preventing Compassion Fatigue: Honoring Thyself

Every day victim advocates struggle with heart wrenching, painful stories that both fuel their passion for their work and keep us up at night. If they focus on serving others without taking care of themselves, they are at risk of experiencing secondary traumatic stress disorder, better known as compassion fatigue. This webinar will provide valuable tools to identify the warning signs of compassion fatigue, and will help develop techniques to replenish your spirit in order to properly honor yourself. Webinar goals:

- Identify and learn to manage compassion fatigue,
- Encourage self-care, and
- Refresh and renew participants' passion for the work.

[WEBINAR: Preventing Compassion Fatigue: Honoring Thyself | VAWnet](#)

7. Compassion Fatigue, Burnout and the Strengths-Based Workplace

This webinar will define and distinguish health-risks commonly experienced by helping professionals, specifically burnout and compassion fatigue. The webinar will emphasize both risk factors and protective factors for these stressors within individuals and organizations, and will provide a means to assess one's personal vulnerability to these.

[Compassion Fatigue, Burnout and the Strengths-Based Workplace \(naadac.org\)](#)

8. Are You Suffering from Compassion Fatigue?: A Webinar with Denise Clegg

As social beings, our relationships with others are one of the most important factors in nurturing health and well-being. But in some situations, deep empathetic connections and caring of others can lead to compassion fatigue and burnout. In positive psychology coach Denise Clegg's webinar, recognize the signs that you're headed towards compassion fatigue and learn how to build resilience and find balance and meaning in life without sacrificing your empathy for others.

<https://www.happify.com/hd/are-you-suffering-from-compassion-fatigue-happify-webinar/>

9. Resisting burnout and building resilience during COVID-19: A workshop recognizing the hard work of frontline workers

This workshop will explore the impact of these changes on our health and our ability to work effectively on the frontlines during COVID-19. Facilitator and educator Karen BK Chan will help us identify the signs



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of burnout, stress and compassion fatigue as well as strengthen our resilience and self-compassion while supporting our communities.

<https://cleoconnect.ca/yourlegalrights-webinars/resisting-burnout-and-building-resilience-during-covid-19-a-workshop-recognizing-the-hard-work-of-frontline-workers/>

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12. Positive Psychology and Work Stress: When Stressors Make you Grow

We are running around saying that we are ‘so busy’ and ‘stressed out’. Workloads are overwhelming and we feel like drowning in a sea of hindering work tasks. But there are times that we feel like we are up to the challenge of the next project. We look for ways to make our job more interesting and inspiring and we jump at the opportunity of taking on more responsibility or joining a new team. Those are exciting situations, ‘challenge stressors’, that signal for us that there is an opportunity to learn and grow. This webinar will describe the basics of the stress experience, and explain how can we set up workplaces to promote challenges and minimize hindrances.

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[Positive Psychology in the Workplace – Work Wellness Institute](#)

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OTHER RESOURCES:

1. Evidence-informed Guide to Supporting People with Depression in the Workplace

This guide was designed to be used by anyone in the workplace who supports workers with depression to cope with their depression symptoms while working, or to return to work following an episode of depression.

[managing_depression_guide_2018.pdf \(iwh.on.ca\)](#)

2. Systematic Review of Workplace Interventions to Manage Depression

By the year 2020, depression will be the second leading cause of disability worldwide. What programs can workplaces offer to help employees stay at work while experiencing symptoms, or return to work after a depression-related absence? Watch the slide cast...

<https://settlementatwork.org/news/systematic-review-workplace-interventions-manage-depression>

3. The Working Mind: Workplace Mental Health and Mental Illness Stigma Reduction Program

The Working Mind (TWM) is an evidence-based workplace program that promotes mental health, increases resiliency, and reduces the stigma of mental illness. In this webinar, will give an overview of the program and its content. As well, will discuss the evaluation results for the program.

[The Working Mind: Workplace Mental Health and Mental Illness Stigma Reduction Program – Work Wellness Institute](#)

<https://theworkingmind.ca/blog/working-mind-covid-19-self-care-resilience-guide>

<https://theworkingmind.ca/workplace-resources>

4. Employee Well-being: How Managers Inspire, Facilitate, and Support Employee Caring Activities

An increased interest in corporate social responsibility has raised questions about the impact organizations have on employee well-being. But what is well-being? Drawing on the positive psychology movement, the definition of well-being has been broadened beyond the reduction of illness. In other words, a person's well-being is enhanced when they contribute to others. The study identified manager behaviors that inspire, facilitate, or support employee caring activities.



Toronto West
Local Immigration Partnership
Community Collaboration at Work

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[Employee Well-being: How Managers Inspire, Facilitate, and Support Employee Caring Activities – Work Wellness Institute](#)

5. The Centre for Addiction and Mental Health (CAMH)

Immigrant and Refugee Mental Health Project Resources

[COVID19 Resources 2 - Portico \(camhx.ca\)](#)