Mental Health in the Workplace – What Impact does the Workplace Have?



Tuesday, October 23, 2018 6:30 pm

Albert McCormick Community Centre, Beaupre Room
500 Parkside Drive, Waterloo

Cost: Free

Lately, there's a lot of talk about mental health in the workplace. While there are many programs aimed at reducing stigma and helping people with issues, what about workplace factors that contribute or aggravate mental health for those working there? Recently a new tool has been developed that allows workplaces to measure the psychosocial aspects of the workplace like work demands, emotional demands, support from supervisors and colleagues, trust and respect, offensive behaviours, etc. StressAssess is a free tool for workplaces to measure workplace stressors and supports. You're invited to take part in a workshop that will explore what StressAssess can do for workers.



Area Council



Occupational Health Clinics for Ontario Workers Inc. Centres de santé des travailleurs (ses) de l'Ontario Inc.