



HOSPITAL EMPLOYEES' UNION

PROVINCIAL OFFICE:

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May 12, 2022

Secretary-Treasurers

Dear Sisters, Brothers and Friends:

Re: Workplace Stress Roundtable October 6, 2022 and Mental Health First Aid Standard (Virtual) October 18 & 19, 2022

Part I – OH&S Roundtable on Workplace Stress (one day)

Part II – Mental Health First Aid Standard – Mental Health Commission of Canada (MHCC) (two days)

Workplace hazards such as unsafe work, workload, violence, bullying and harassment, and workplace conflict can have a significant impact on workers' mental health and well-being. Without question, the COVID-19 pandemic is contributing to higher levels of stress and tension in our members' workplaces.

To assist you in this vital work, HEU is inviting you to participate in a roundtable on workplace stress and a course on mental health first aid. The *Workplace Stress Roundtable and Mental Health First Aid Standard* is designed for local executive members, stewards and joint OH&S committee members.

In Part I, OH&S Roundtable on Workplace Stress, HEU wants to hear from you about how stress and mental health is impacting members in your workplace: What are you hearing from our members? Are you being called upon to support members who are experiencing a decline in their mental well-being? How do you respond? This one-day roundtable will take place virtually.

In Part II, Mental health First Aid Standard, you will participate in the two-day Mental Health First Aid (MHFA) Standard Course developed by the Mental Health Commission of Canada. The course is designed to provide you with the confidence and tools to identify potential mental health crises and assist members to get the help they need. The course will be delivered virtually over two days.

Participants are expected to attend all three days.

Workplace Stress Roundtable and Mental Health First Aid Standard:

Part I HEU OH&S Roundtable on Workplace Stress (1 day)

In this one day roundtable participants will:

- Discuss their experiences with workplace stress
- Explore workplace conditions that contribute to stress
- Examine actions members and the union can take at the local, regional and provincial levels to address the problems present system-wide

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Part II The Mental Health Commission of Canada – Mental Health First Aid (MHFA) Standard (Virtual) Course (2 days)

Why take the course?

Increase your knowledge, skills, and confidence to:

- Recognize signs that a person may be experiencing a decline in their mental well-being or a mental health crisis
- Assist in a mental health or substance use crisis
- Use MHFA actions to maintain one's own mental well-being
- Have conversations that encourage a person to:
 - Discuss professional and other supports that could help with recovery to improved mental well-being
 - Talk about declines in their mental well-being
 - Reach out to these supports

The course does not train people to be therapists, counselors, or mental health professionals. The philosophy behind MHFA is that a mental health crisis, such as suicidal and self-harming actions, may be avoided through early intervention. If a crisis does arise, a MHFA trained person in the workplace can take action that may reduce the harm that could result.

MHFA Course – Method of Instruction

There are number of important instructions for participants to be aware of before they register:

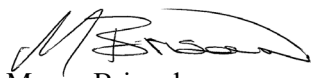
- The course opens with a self-directed online module (Module 1) that focuses on the information and strategies that participants will discuss and practice throughout the virtual classroom modules (Modules 2 and 3)
- The self-directed module takes approximately two to three hours to complete
- Participants can start and stop the module as they need to. The module can be done over a period of time
- Course participants must complete Module 1 ***before*** participating in Module 2 and 3
- Participants must submit their certificate of completion for Module 1, to be eligible for the online facilitated sessions (Modules 2 and 3)
- Participants must be present for the full length of the course to receive a certificate of participation

The completed application form (attached and is also available at www.heu.org) must be submitted by **June 14, 2022** by email to: rprasad@heu.org or by fax **604-739-1510**.

Space is limited so we may not be able to accept all applications. We will contact you to let you know whether or not your application was accepted. Successful applicants will be required to apply for leave of absence for Union business.

If you have any questions, please contact **Roma Prasad** by email at rprasad@heu.org or by phone: **604-456-7158** or toll free **1-800-663-5813 ext. 7158**.

In solidarity,



Meena Brisard
Secretary-Business Manager

Attachment

cc: Chairpersons, Provincial Executive, Reps and Directors