



March 17, 2023

Secretary-Treasurers

Dear Sisters, Brothers and Friends:

Re: Workplace Stress Roundtable & Mental Health First Aid 2023
- Part I - OH&S Roundtable on Workplace Stress (one day)
- Part II - Mental Health First Aid Basic - 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. And without question, the COVID-19 pandemic, wildfires, heat domes, floods, and the opioid crisis are all contributing to higher levels of stress and tension in our members' workplaces.

To learn more about the impact of these hazards, HEU is inviting you to participate in a three-day roundtable on workplace stress and course on mental health first aid. The *Workplace Stress Roundtable and Mental Health First Aid Basic* is designed for local executive members, stewards and joint OH&S committee members.

In **Part I (1 day)**, 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 in person.

In **Part II (2 days)**, you will participate in the two-day Mental Health First Aid (MHFA) Basic 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 workers to get the help they need. The course will be delivered in person over two days.

Participants are expected to attend all three days.

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Workplace Stress Roundtable and Mental Health First Aid Basic:

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

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

Why take the course?

In the MHFA course, you will gain a solid understanding of the 5 basic actions of **ALGEE**:

Assess the risk of suicide and/or harm

Listen non-judgmentally

Give reassurance

Encourage professional support

Encourage other supports

ALGEE is the framework for having a confident conversation about mental health with family, friends, colleagues, and strangers.

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.

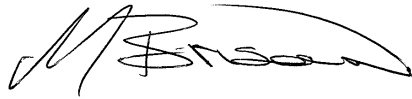
The completed application form (attached and is also available at www.heu.org must be submitted before the dates listed in table below by **email to: rprasad@heu.org** or by **fax 604-739-1510**.

WORKSHOP DATE	LOCATION	APPLICATION DEADLINE
June 27 - 29, 2023	Coast Hotel Kelowna	April 28, 2023
October 17 - 19, 2023	HEU Provincial Office Burnaby	August 4, 2023
November 7 - 9, 2023	Coast Victoria Hotel & Marina Victoria	September 8, 2023

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,

A handwritten signature in black ink, appearing to read 'Meena Brisard', with a large, sweeping flourish at the end.

Meena Brisard
Secretary-Business Manager

Attachment

cc: Chairpersons, Provincial Executive, Reps and Directors