



January 18, 2024

Secretary-Treasurers

Dear Sisters, Brothers and Friends:

**Subject: Workplace Stress Roundtable & Mental Health First Aid 2024**

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 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 Basic** is designed for local executive members, stewards, and joint OH&S committee members.

In Part I, 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, 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.

WORKSHOP DATE	LOCATION	APPLICATION DEADLINE
May 14 to 16, 2024	Coast Hotel, Kelowna	March 15, 2024

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, also available at [www.heu.org](http://www.heu.org)) must be submitted before the date listed in the table by email at [ohsapplications@heu.org](mailto:ohsapplications@heu.org) or fax at 604-739-1510.

Space is limited so we may not be able to accept all applications. You will be contacted 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 email [ohsapplications@heu.org](mailto:ohsapplications@heu.org) or by phone at 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