



## HOSPITAL EMPLOYEES' UNION

**PROVINCIAL OFFICE:**

5000 North Fraser Way, Burnaby, BC V5J 5M3 • TEL: 604-438-5000 • FAX: 604-739-1510 • WEB: [www.heu.org](http://www.heu.org)

August 29, 2019

To: Secretary-Treasurers

Dear Sisters, Brothers and Friends,

**Re: Workplace Mental Health (Two-Day) Workshop – 2019**

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Workplace hazards such as unsafe work, workload, violence, bullying, harassment, workplace conflict and poor management style can have a significant impact on workers' mental health and well-being.

As a result, Local stewards and activists are increasingly dealing with mental health issues faced by members in their workplaces. To support stewards in addressing these concerns, we are offering a two-day Workplace Mental Health workshop for **Local stewards and activists**.

We will discuss and explore topics including:

- Recognizing workplace mental health issues
- Employers' responsibilities to create mentally healthy workplaces
- Understanding the stigma around mental health issues
- Practicing compassionate conversations about mental health
- Stewards' self-care and recognizing compassion fatigue
- Workplace mental health resources

<b><u>Region</u></b>	<b><u>Location</u></b>	<b><u>Date</u></b>	<b><u>Deadline</u></b>
<b>All Regions</b>	<b>Hilton Metrotown 6083 McKay Avenue Burnaby, BC</b>	<b>Wednesday November 13, 2019 &amp; Thursday November 14, 2019</b>	<b>October 3, 2019</b>

**Day 1: Registration**                    **8:30 a.m.**  
   **Workshop**                    **9:00 a.m. – 4:30 p.m.**

**Day 2: Workshop**                    **8:30 a.m. – 4:00 p.m.**

Please find enclosed an application form which should be filled out by **Local stewards and activists** who deal with mental health workplace concerns.

We will be contacting successful applicants by telephone or mail to confirm further details. Once applicants have been notified, they will be required to apply for Leave of Absence for union business.

Additional application forms are available on the HEU website at [www.heu.org](http://www.heu.org).

In solidarity,

A handwritten signature in black ink, appearing to read "Jennifer Whiteside". The signature is fluid and cursive, with a long horizontal stroke at the end.

Jennifer Whiteside  
Secretary-Business Manager