



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

May 20, 2021

Secretary-Treasurers

Dear Sisters, Brothers and Friends:

**Re: Workplace Stress and Mental Health Series:
-OH&S Consultation on Workplace Stress (one day)
-Mental Health First Aid Standard - 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 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 two-part series on workplace stress and mental health first aid. The *Workplace Stress and Mental Health Series* 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 consultation will take place virtually.

In Part II, 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 workers 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 and Mental Health Series:

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

In this one day consultation 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) 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:

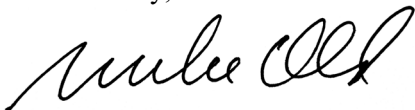
- The course opens with a self-directed online module (Module 1) that focuses on the information and strategies that participants will discuss and practice throughout the virtual classroom modules (Modules 2 and 3)
- The self-directed module takes approximately two to three hours to complete
- Participants 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 also available at www.heu.org) must be submitted by **June 11, 2021** 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,



Mike Old
Secretary-Business Manager (Interim)

Attachment

cc: Chairpersons, Provincial Executive, Reps and Directors