

International Foundation Canadian Resources on Mental Health

MENTAL HEALTH RESOURCES

Articles

- “Mental Health and the Evolving Workplace”
Plans & Trusts, September/October 2018
- “Post-Traumatic Stress Disorder—What Employers Need to Know”
Plans & Trusts, November/December 2017
- “Benefit Trends: Bolstering Mental Health in the Workplace”
Plans & Trusts, January/February 2019
- “Conversation With Lisa J. Belanger”
Plans & Trusts, January/February 2019
- “What’s Working: Improving Mental Health”
Plans & Trusts, September/October 2018
- “Mindfulness and Stress Management: Creating Cultures of Optimal Performance”
Plans & Trusts, September/October 2018
- “Conversation With Joseph Ricciuti”
Plans & Trusts, May/June 2018
- “Caregiving in the Workplace”
Plans & Trusts, November/December 2018
- “Conversation With Pat M. Irwin”
Plans & Trusts, November/December 2017

Survey Report

- *Mental Health and Substance Abuse Benefits: 2018 Survey Results*

Wellness Toolkits

- Mindfulness
- At-Work Cognitive Behavioral Therapy Program

Blog Posts (Word on Benefits)

- “5 Hygge Tips for Workplace Happiness”
February 6, 2019
- “Employers Face Unknowns of Opioids in the Workplace” February 5, 2019
- “Happy and Healthy World Mental Health Day!” October 10, 2018
- “Top 10 Mental Health Conditions Employers Are Covering” October 4, 2018
- “Opioid Crisis and the Workforce: A Firsthand Perspective” September 5, 2018
- “4 Ways to Control Substance Abuse Treatment Costs” June 18, 2018
- “Three Ways to Get More Employees to Use Your EAP” March 6, 2018
- “When Opioid Addiction Shows Up at Work” February 2, 2018
- “Five Steps to Get Ahead of the Workplace Winter Blues” January 26, 2018

Webcasts

- *Building Resilience: Practical Tools to Help Your Workplace Thrive (April 2019)*
- *Impact of Financial Wellness on Workplace Mental Health: Strategies for Tomorrow’s Workplace (November 2018)*
- *Creating Psychologically Safe and Healthy Workplaces in the United States and Canada (October 2018)*
- *The Impact of Online CBT: A New Way to Support Mental Health and Decrease Costs (June 2018)*
- *Rebrand Your EAP to Eliminate the Stigma and Increase Utilization (June 2018)*
- *Mindfulness and Stress Management: Creating Cultures of Optimal Performance (May 2018)*
- *Depression in the Workplace—The Hidden Cost to Your Organization’s Bottom Line and How You Can Help Turn It Around (April 2018)*