

Mental Health Awareness

1st May 2020

Individuals suffering from mental illness often feel distant from friends and loved ones and can find it difficult to perform to their maximum productivity in the workplace. In fact, according to the Canadian Mental Health Association, mental health issues are growing at a faster rate than any other kind of disability in today's workplace. This situation is exacerbated by the stigma that still exists around mental illness and the reluctance to discuss it openly at home or work.

What is optimal mental health? Being mentally healthy enables us to have the capacity to feel, think and act in ways that enhance our ability to enjoy life and deal with challenges.

- We feel well
- We can cope with stress
- We can achieve our personal goals
- It's more than the absence of illness or disease

Let us help you find a solution. Contact a Workplace Learning Consultant at workplacelearning@morneaushepell.com.

[Workplace Learning Solutions](#) can help you focus on your mental health. Click [here](#) to learn more and access helpful resources.