

# Resources

Mental Health Education Resource Centre has resources available about mental health for loan, free of charge.  
[www.mherc.mb.ca](http://www.mherc.mb.ca)

Workplace Strategies for Mental Health offers free information, tools and resources for employers and organizations, including the Supporting Employee Success Tool.  
[www.workplacestrategiesformentalhealth.com](http://www.workplacestrategiesformentalhealth.com)

**Mental Health Works** is a nationally available program of the Canadian Mental Health Association (CMHA) addressing many issues related to mental health in the workplace.  
[www.mentalhealthworks.ca](http://www.mentalhealthworks.ca)

**Guarding Minds @ Work (GM@W)** is a free set of resources designed to protect and promote psychological health and safety in the workplace.  
[www.guardingmindsatwork.ca](http://www.guardingmindsatwork.ca)

**Hope at Work** is an on-line resource and information centre dedicated to helping workplaces prevent suicide and become suicide-safer by promoting hope, compassion and mental health in the workplace.  
[hopeatwork.ca](http://hopeatwork.ca)

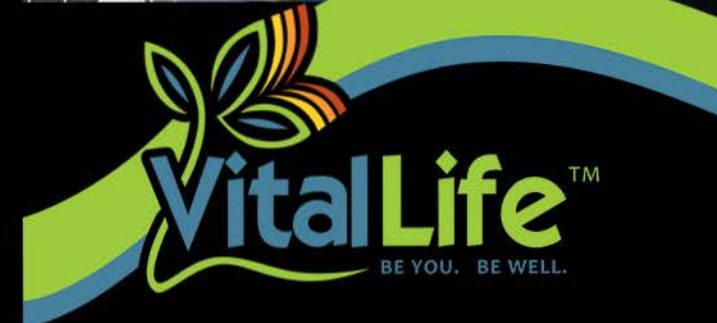
## Employees in Crisis

If a worker is experiencing a mental health crisis, call the WRHA's Mental Health Mobile Crisis Service at **204-940-1781**.

The Mental Health Crisis Response Centre is open 24 hours a day, seven days a week, and is located at 817 Bannatyne Avenue.

# WORKPLACE PSYCHOLOGICAL HEALTH & SAFETY:

## EMPLOYER RESOURCE GUIDE 2015



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