Resources

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

Mental Health Education Resource Centre has resources available about mental health for loan, free of charge.
www.mherec.mb.ca

Workplace Strategies for Mental Health offers free information, tools and resources for employers and organizations, including the Supporting Employee Success Tool.
www.workplacesstrategiesformentalhealth.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

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

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

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