

## Workplace Sessions

4101 - 54 Avenue  
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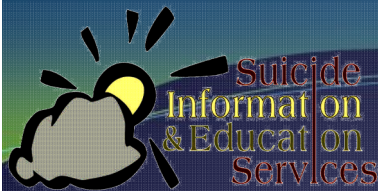
Suicide Information and Education Services is pleased to offer a variety of professional development sessions and workshops for employers, managers and employees from all industry and business sectors. Focus of all sessions is the application of practical strategies, tips and tools that can be adapted to the participant's environment. All topics can be customized and length is determined by the needs of the audience. There is a facilitation fee and follow-up outreach services are included.

Please contact our Certified Psychological Health & Safety Advisor- Mary Dawn Eggleton @ (403) 342-4966 to book a session or to discuss your specific needs.

- **It's OK To Talk About Self-Harm:**  
Open discussion about self-injury, why people self-injure, risk factors, warning signs and how to provide help.
- **It's OK To Talk About Suicide:**  
Non-judgemental conversation that is designed to dispel the myths around suicide, learn about the warning signs and how best to help someone who is considering suicide.
- **Bullying and Harassment in the Workplace:**  
An introduction to the basics of bullying awareness and prevention with focus on building a common language around what is bullying, who is the aggressor, target and witness and what actions to take.
- **Let's Talk About Your Stress:**  
This workshop will address what is causing our stress, how is it impacting us physically and mentally, what can we do to reduce our stress and how can we cope.
- **Creating a Work-Life Balance:**  
In this workshop participants will complete practical activities to focus on identifying aspects of their work-life that are demanding, how to find a balance, and how to maintain that balance.
- **The Whole Employee (Administrators):**  
An employee-at-risk program designed to assist administrators in recognizing symptoms of stress, depression, suicide, mental illness and addiction while increasing the likelihood of intervention.
- **Mental Health 101:**  
This session can be used as either an introduction to mental health or a refresher. Topics of suicide, depression, mindfulness and positive coping skills will all be addressed.



[www.suicidehelp.ca](http://www.suicidehelp.ca)



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- **Building Resilient Employees**  
In this session participants will explore the foundation of building resiliency and how to incorporate these fundamentals into everyday work.
- **Employee Health on a Dime:**  
Practical, hands on tips and tools for increasing employee overall health in the workplace while being conscious of cost effective measures.
- **Grief, Loss and Change:**  
Explore the grief process and the impact devaluing grief and loss has in relation to suicide.
- **Promoting Healthy Relationships:**  
This session will focus on how to promote positive interactions between employees of all ages including assertive communication, problem solving and just being kind.
- **Injury Prevention– A Mental Health Point of View:**  
Participants will explore how they can lower their injury and incident rates within their workplace by increasing the positive mental health of their employees.
- **Mindful U:**  
Learning how to direct our attention and our responses to the here and now while reducing stress, increasing relaxation while promoting overall well-being and resilience.
- **Creating Mentally Healthy Workplaces**  
Looking at employee health with the focus being on decreasing absenteeism, presenteeism, short & long term disabilities and conflict in the workplace while increasing the bottom-line.
- **The Business Case For Employee Psychological Health and Safety**  
Exploring why it is more cost effective to put programs in place for Psychological Health and Safety from a financial and legal perspective.
- **Contact Us for New Sessions Coming Soon ...**