

# Creating Psychologically Healthy Workplaces – Resource Guide

[Canadian Centre for Occupational Health and Safety-Mental Health](#)

[Great-West Life Centre for Mental Health in the Workplace](#)

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[Ottawa Public Health's Have That Talk Campaign](#)

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[Deep Diversity](#) – Shakil Choudhury

[The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma](#): -Bessel Van Der Kolk

[My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies](#): Resmaa Menakem:

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[Self Compassion-The Proven Power of Being Kind to Yourself](#)

–Dr.Kristen Neff

[The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions](#)- Christopher Germer

[Dare to Lead](#) – Brené Brown

[The Gifts of Imperfection](#) – Brené Brown

[The Fearless Organization](#) – Amy Edmonson

['Psychological Safety'](#) – Business Insider (Article)

[Healthy Minds Canada](#)

[Dear Manager](#)

[Not Myself Today](#)

Compassion



Leadership



Workplace  
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