Creating Psychologically Healthy Workplaces – Resource Guide

Workplace Mental Health Sites

- Canadian Centre for Occupational Health and Safety-Mental Health
- Great-West Life Centre for Mental Health in the Workplace
- Canadian Mental Health Association-Healthy Minds Canada
- Ottawa Public Health’s Have That Talk Campaign
- Centre for Workplace Mental Health
- Mental Health Works
- Managing Mental Health Matters
- Assembling the Pieces: An Implementation Guide to the National Standard on Psychological Health and Safety

Workplace Mental Health Assessment Tools

- Copenhagen Psychosocial Questionnaire
- Psychological Safe Leaders Assessment (Management Self-Assessment)
- Guarding Minds at Work (Employee Assessment)
- Psychosocial Risk Assessment

Equity Related Resources

- Gender-based Analysis+ Step by Step – Status of Women Canada (Video)
- Advancing Equity and Inclusion – A Guide for Municipalities – City for All Women Initiative
- 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
Creating Psychologically Healthy Workplaces – Resource Guide

**Compassion**
- 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

**Leadership**
- Dare to Lead – Brené Brown
  - The Gifts of Imperfection – Brené Brown
  - The Fearless Organization – Amy Edmonson
  - ‘Psychological Safety’ – Business Insider (Article)

**Workplace Mental Health Campaigns**
- Healthy Minds Canada
  - Dear Manager
  - Not Myself Today