



SKLAR WILTON
& ASSOCIATES

INSPIRING HEALTHY MINDS AT WORK:
HOW COMPANIES CAN SUPPORT STAFF & HOW INDIVIDUALS CAN
GET SUPPORT

February 11, 2022

Our experience with mental illness

ACTION Best Practices

Share helpful resources



Luke Sklar

“

He had an incredible business mind and an even bigger heart.

Always had time to coach & mentor and was a cheerleader for all.



Finding A Way Forward

“

There is **good** in everything, if only we look for it.

- Laura Ingalls Wilder



Redesign our
benefits plan



Expand our
whole person
development
initiative



Formalize our
mental health
program

Broadening Our Impact



HEADWAY

For Healthy Minds at Work

Launched May 13, 2019

The Problem



1 in 5

Canadians experience a mental health problem or mental illness each year

30%

of disability claims are related to mental health problems and mental illness

\$50 b

per year is the total cost of mental health problems and mental illnesses in Canada

1 in 5

Canadians are experiencing symptoms of depression, anxiety or posttraumatic stress disorder

68%

reported a mental health issue reported that their mental health has worsened since the pandemic

23%

Currently, only 23% of Canadians feel comfortable approaching their employer with mental health concerns so we know that there's still room to do better.

The Problem is growing thanks largely to the pandemic



2 in 5

Canadians are experiencing symptoms of depression, anxiety or posttraumatic stress disorder, up from 1 in 5 pre-pandemic

82%

of Canadians are reporting an increase in anxiety and/or depression

3x

Burnout risk has tripled

3x

Anxiety has tripled

4x

Depression has quadrupled



HEADWAY

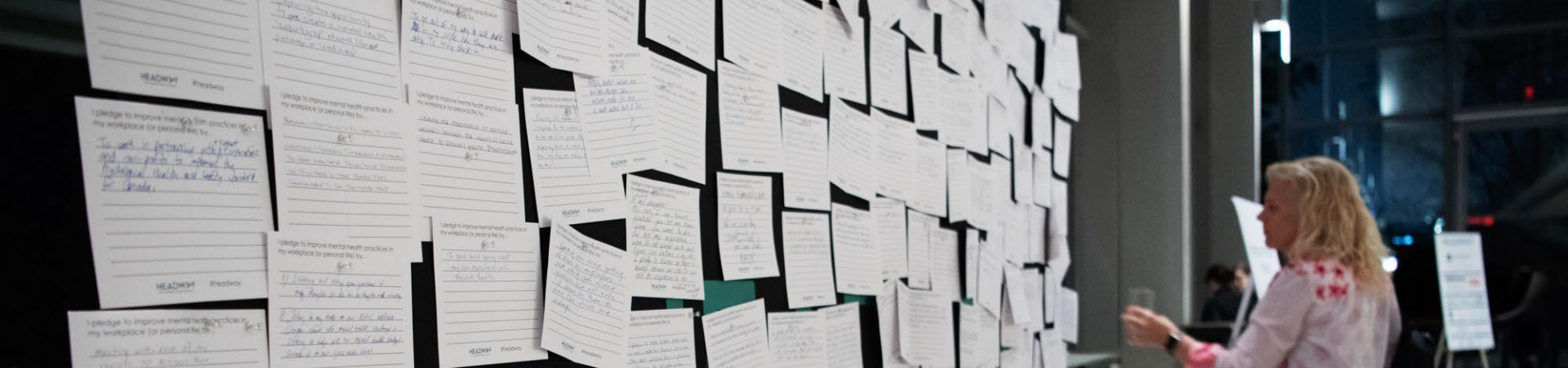
Partners

- Collective of vetted well-being experts with corporate consultative experience
- Deep knowledge of best evidence-based tools and practices
- Ability to scale for large organizations

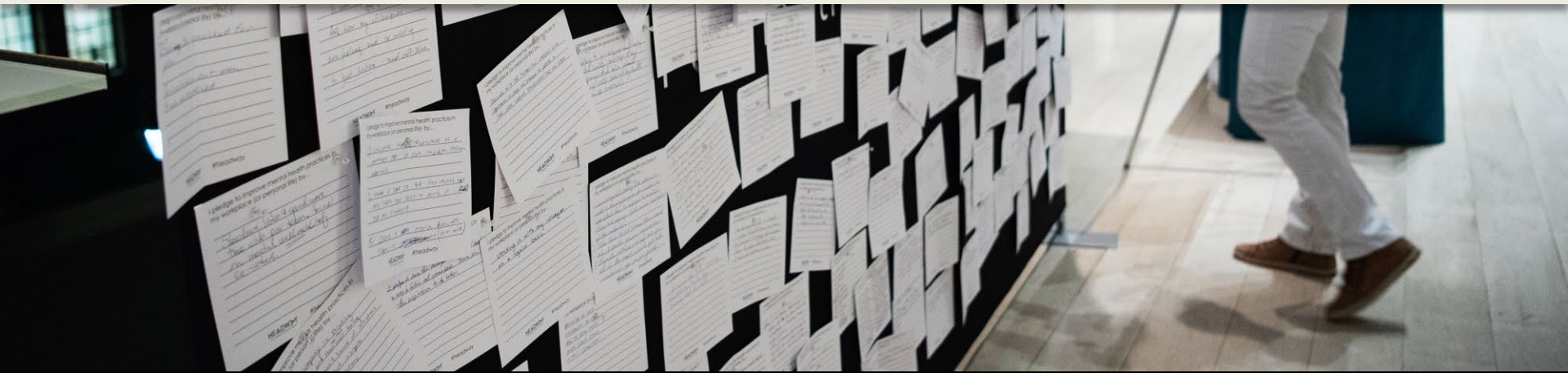
For more information:
hello@headway-partners.com

TOP 10 BEST PRACTICES

1. Leadership sets the tone
2. Create a culture of connection
3. Foster strong communication
4. Instill fairness
5. Empower employees
6. Set an annual budget
7. Create space that supports wellness
8. Promote whole-person well-being
9. Let employees know they're valued
10. Measure and course correct



Commit To Action



SOME TOOLS & INSPIRATION ON HOW TO SUPPORT



Weekly Touchpoints



Take Time Off



Resiliency Training



Unblurring Boundaries



Creative Connections



Guest Speakers

HELPFUL RESOURCES FOR DOWNLOAD



DIGITAL MENTAL HEALTH SUPPORTS & TOOLS		HEADWYD For Healthy Minds at Work
Managing mental health during the COVID-19 pandemic is stressful. These resources offer immediate online support online via chat, text, or app.		
TOOL/RESOURCE	DESCRIPTION	
Better Help	Online access to professional licensed counselors	www.betterhelp.com
Uline Canada	Free suicide prevention and awareness app, online chat, and e-counseling	https://thelifeinacanada.ca/help/online-chat
Big White Wall	Anonymous peer support community	www.bigwhitewall.ca
Anxiety Canada	Online tools and resources to help Canadians manage anxiety	http://www.anxietycanada.com
Beacon	Digital therapy that assesses and provides care for a range of mental health issues: www.mindbeacon.com	https://www.mindbeacon.com
Crisis Text Line	Serves anyone, in any type of crisis, providing access to free, 24/7 support and information via text	https://www.crisistextline.ca
eMentalHealth.ca	Provides anonymous, confidential and trustworthy information, 24 hours a day, 365 days a year	https://www.ementalhealth.ca
IMAlive	The world's first virtual crisis center	https://www.imalive.org
Crisis Services Canada	Suicide prevention services available across Canada via toll-free phone, or text in English. Phone service is also available in French.	https://www.crisisservicescanada.ca
BounceBack	Free skill-building program designed to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress or worry. Online or over the phone with a coach.	BC: https://bouncebackbc.ca ON: https://bouncebackontario.ca
YOUTH		
KidzHelpPhone	Canada's only 24/7, national support service for young people in both English and French	https://kidshelpphone.ca
YouthSpace	Provides emotional support and crisis intervention service for young people under 30. Available by chat or by text.	https://www.youthspace.ca
Good2Talk	Provides confidential support services for post-secondary students in Ontario and Nova Scotia.	https://good2talk.ca
APPS		
MindShift CBT	Free app using scientifically proven strategies rooted in CBT	https://www.anxietycanada.com/resources/mindshift-cbt
Uline Canada	Free suicide prevention and awareness app	https://thelifeinacanada.ca/uline-canada-foundation/uline-app



How HEADWAY can help

Visit www.sklarwilton.com/headway for downloadable resources

For more information:
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HEADWY

For Healthy Minds at Work



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