



Work design consideration for a good mental health?

November 2 at 1:00 PM MT

Participate

Welcome to Using the Strategy Tool Kits Webinar Series!

The webinar will begin shortly

All participants have been placed on mute. Please **keep your microphone and camera off**.

The webinar is being recorded and will be available on the Alberta Municipalities website following the session.

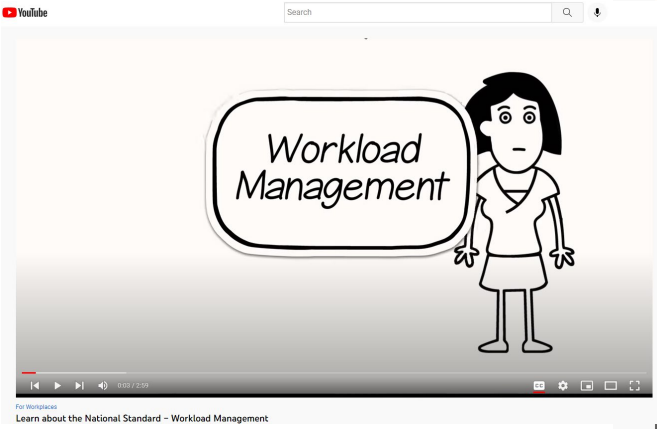
Use the **chat box** located at the bottom of your screen to ask questions.

The Sunlife Workplace Mental Health Strategy Tool Kit link: <https://www.sunlife.ca/workplace/en/group-benefits/health-and-wellness-solutions/mental-health/workplace-mental-health-toolkit/>

It is also posted on the Alberta Municipalities website

Work design considerations that promote mental wellbeing

13 Factors: Addressing Mental Health in the Workplace



13 Factors: Addressing Mental Health in the Workp...
MHCC CSMC - 2 / 14

1	Learn about the National Standard - Intro	0:31
2	Learn about the National Standard - Organizational Culture	3:31
3	Learn about the National Standard - Psychological and Social Support	2:59
4	Learn about the National Standard - Clear Leadership and Expectations	2:38
5	Learn about the National Standard - Civility and Respect	4:09
6	Learn about the National Standard - Psychological Demands	3:28
7	Learn about the National Standard - Growth and Development	3:52
8	Learn about the National Standard - Recognition and Reward	3:37
9	Learn about the National Standard - Involvement and Influence	4:13



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Recap of tools and resources from today:

- [13 Factors videos on YouTube](#)
- [Return to work handout](#)
 - o [Reducing stigma through inclusive language](#) video
 - o [Identifying and supporting employees at risk for mental health issues](#) video
- Mental Health [Accommodation handout](#)

MARCH 2

First steps to building a strong mental health strategy

MAY 4

Making an impact with manager and employee mental health training

JULY 6

Building an effective mental health communication plan

SEPTEMBER 7

How to measure the success of your mental health strategy

NOVEMBER 2

Work design considerations that promote mental wellbeing

JANUARY 4/2023

Discover new resources to promote mental health and musculoskeletal (MSK) health

APRIL 6

How to create your musculoskeletal (MSK) health strategy?

JUNE 1

Beyond workplace safety: promoting musculoskeletal (MSK) health at work

AUGUST 3

Building an effective musculoskeletal (MSK) health communication plan

OCTOBER 5

How to measure the success of your musculoskeletal (MSK) health strategy

DECEMBER 7

Accommodation options to support employees with back pain