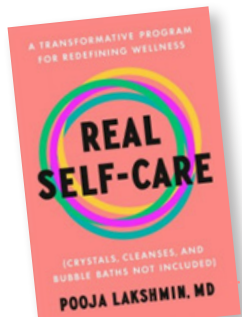
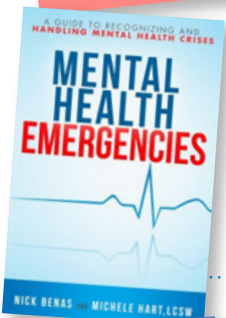


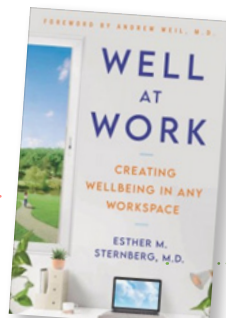
Workplace Mental Health Resources



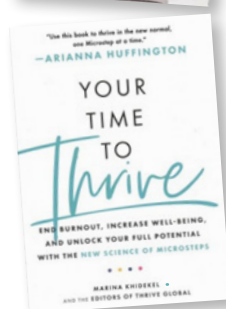
Real Self-Care: A Transformative Program for Redefining Wellness by Pooja Lakshmin



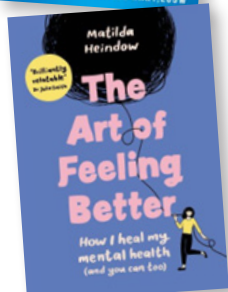
Mental Health Emergencies: A Guide to Recognizing and Handling Mental Health Crises by Nick Benas



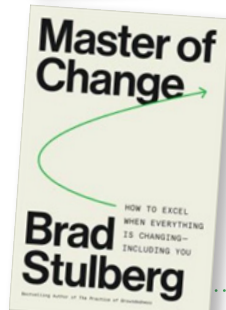
Well At Work: Creating Wellbeing in Any Workspace by Esther Sternberg



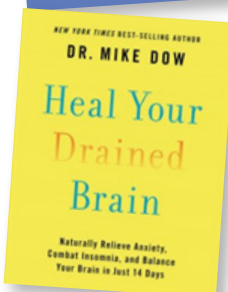
Your Time to Thrive: End Burnout, Increase Well-being, and Unlock Your Full Potential with the New Science of Microsteps by Marina Khidekel



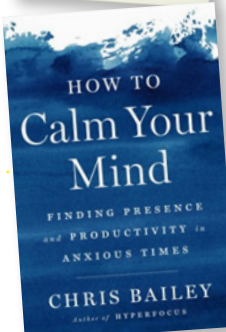
The Art of Feeling Better: How I Heal My Mental Health (and you can too) by Matilda Heindow



Master of Change: How to Excel When Everything is Changing – Including You by Brad Stulberg



Heal Your Drained Brain: Naturally Relieve Anxiety, Combat Insomnia, and Balance Your Brain in Just 14 Days by Mike Dow



How to Calm Your Mind: Finding Presence and Productivity in Anxious Times by Chris Bailey



8 Keys to Mental Health Through Exercise by Christina Hibbert

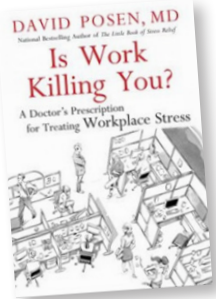


On Belonging: Finding Connection in an Age of Isolation by Kim Samuel

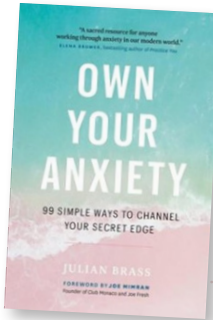


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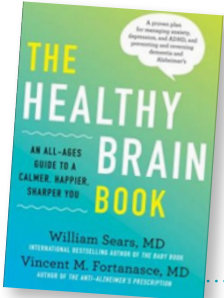
Workplace Mental Health Resources



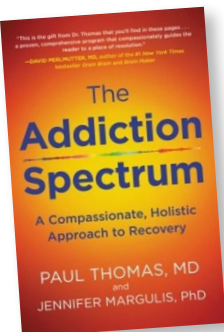
Is Work Killing You?
A Doctor's Prescription for Treating Workplace Stress
by David Posen



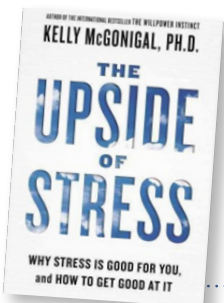
Own Your Anxiety:
99 Simple Ways to Channel Your Secret Edge
by Julian Brass



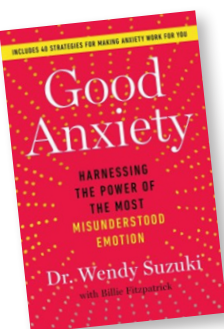
The Healthy Brain Book: An All-Ages Guide to a Calmer, Happier, Sharper You
by William Sears



The Addiction Spectrum:
A Compassionate, Holistic Approach to Recovery
by Paul Thomas



The Upside of Stress:
Why Stress is Good for You, and How to Get Good At It
by Kelly McGonigal



Good Anxiety: Harnessing the Power of the Most Misunderstood Emotion
by Wendy Suzuki

Online Resources

Canadian Mental Health Association (CMHA)

Corporate Training brochure:

<https://cmha-yr.on.ca/wp-content/uploads/2023/07/CMHA-YRSS-Education-Training-Brochure-1.pdf>

National Standard of Canada for Psychological Health and Safety in the Workplace:

<https://mentalhealthcommission.ca/national-standard>

CAMH's Workplace Mental Health Playbook for Business Leaders:

www.camh.ca/en/health-info/workplace-mental-health-playbook-for-business-leaders

Guarding Minds @ Work from Canada Life:

www.guardingmindsatwork.ca

Workplace Strategies for Mental Health from Canada Life:

www.workplacestrategiesformentalhealth.com/topic/Approaches-for-people-leaders

Canadian Centre for Occupational Health and Safety:

www.ccohs.ca/topics/wellness/mentalhealth

The Importance of Disconnecting from Work:

https://publications.gc.ca/collections/collection_2023/cchst-ccohs/CC273-3-15-2022-eng.pdf



See the Community Safety & Well-Being Plan for South Simcoe by visiting: innisfil.ca/CSWB