

Mental Health Online Resources

Beyond Science	Beyond Silence - Beyond Silence https://www.beyondsilence.ca/ Beyond Silence App https://www.beyondsilence.ca/app/
CCOHS Canadian Center for Occupational Health and Safety	Website https://www.ccohs.ca/oshanswers/psychosocial/mentalhealth_intro.html Resources https://www.ccohs.ca/topics/wellness/mentalhealth/ https://www.ccohs.ca/oshanswers/psychosocial/mentalhealth_risk.html https://www.ccohs.ca/oshanswers/psychosocial/return_to_work.html
CFNU Canadian Federation of Nurses Unions	TogetherAll https://togetherall.com/en-gb/big-white-wall/ ** ONA members have access through their affiliation with CFNU – just register under group (CFNU)
CNO College of Nurses of Ontario	Survey: Nurses report worsening mental health due to COVID-19 pandemic https://www.cno.org/en/news/2021/february-2021/survey-reveals-nurses-report-worsening-mental-health-due-to-covid-19-pandemic/ Poster – Self Care Fact Sheet https://www.cno.org/globalassets/4-learnaboutstandardsandguidelines/prac/learn/sap/self-care-fact-sheet-en.pdf
Guarding Minds @ Work	Guarding Minds at Work https://www.guardingmindsatwork.ca/about/about-psychosocial-factors
Mental Health Commission of Canada	Website https://mentalhealthcommission.ca/what-we-do/workplace/ Advancing Psychological Health & Safety within Healthcare Settings https://mentalhealthcommission.ca/what-we-do/workplace/workplace-healthcare/ Advancing Psychological Health & Safety for Health-Care Workers https://mentalhealthcommission.ca/resource/advancing-psychological-health-and-safety-for-health-care-workers/ Declaration of Commitment to Psychological Health and Safety in Healthcare https://mentalhealthcommission.ca/workplace-healthcare-declaration/?_ga=2.163539839.2124026003.1667312888-1721536171.1658410675
Mindwell for Healthcare Workers	Website https://www.mindwellu.com/healthcare

<p>OHCOW Occupational Health Clinic for Ontario Workers</p>	<p>Mental Injury Toolkit (MIT) https://www.ohcow.on.ca/mental-injury-toolkit/ How to Use the COPSQ Survey in a Workplace https://www.ohcow.on.ca/edit/files/mip/UsingCOPSQ.pdf StressAssess https://stressassess.ca/sa_doc/about.php?lang=en</p>
<p>PShSA Public Services Health & Safety Association</p>	<p>Mental Health https://www.pshsa.ca/emerging-issues/issues/mental-health PTSD Awareness for Nurses https://www.pshsa.ca/files/ptfcben0917-ptsd-awareness-fact-sheet-nurses (1).pdf Psychological H&S https://www.pshsa.ca/safe-environments/topics/psychological-health-safety Psychological H&S Program Summary https://www.pshsa.ca/resources/psychological-health-and-safety-program-summary</p>
<p>RNAO Registered Nurses' Association of Ontario</p>	<p>Nurses' Health & Wellbeing https://rnao.ca/in-focus/nurses-health-wellbeing Nurses' Health Program https://www.nurseshealth.ca/en</p>
<p>Think Mental Health</p>	<p>Website http://thinkmentalhealth.ca/ Business Case for investing in Mental Health in the workplace – http://thinkmentalhealth.ca/business-case/ Contributing Factors http://thinkmentalhealth.ca/workplace-factors-2/</p>
<p>WSIB Workplace Safety & Insurance Board</p>	<p>Chronic Mental Stress WSIB https://www.wsib.ca/en/operational-policy-manual/chronic-mental-stress</p>
<p>WSPS Workplace Safety & Prevention Services</p>	<p>Mental Harm Prevention Roadmap https://mentalhealthroadmap.wsps.ca/ Video - Psychologically Healthy & Safe Workplaces https://www.youtube.com/watch?v=h5SoEAsHRU8&t=2s Are you committed to Psychological Safety https://engage.wsps.ca/trusted-leader/are-you-committed-to-psychological-safety</p>