RECOGNIZING AND MANAGING MENTAL HEALTH IN THE WORKPLACE

banyan

work health solutions

Work Health Solutions that make Business Sense

Banyan is a Canadian privately owned company founded in 1995. We are a national leader providing full spectrum solutions to insurers and employers for the prevention of absence as well as disability management and workers compensation claims.

With the increasing complexity of disability claims and associated legislative changes, the need for skill development has never been more apparent. The skills associated with the management of claims and work absences have expanded exponentially in the past decade. To meet the challenge of skills development, employers and insurers alike are choosing Banyan for their disability management training needs.

> **"HELPING TO CREATE CULTURES OF CONTINUOUS IMPROVEMENT"**

Mental health in the workplace is a prevalent issue that impacts people across all levels of society. Mental health does not discriminate against culture, race or socio-economic class.

Although awareness and acceptance of mental illness has increased in recent years, the ability to manage it hasn't kept pace.

To learn more about our training programs, visit our website at: www.banyanconsultants.com or contact:

Stephanie Clement
Senior Trainer
Banyan Work Health Solutions
1-866-226-9268 ext. 105
sclement@banyanconsultants.com

Even in organizations where there is a clear mental health policy and a corporate culture that offers programs and support for their employees struggling with mental health issues, many managers may not feel equipped to support their employees and engage in that difficult conversation to support them in staying at work with suitable accommodations.

Coaching and training managers in the workplace on how to recognize and manage employees struggling with mental health issues is part of the solution in creating a healthy workplace.

Banyan offers a one-hour webinar as well as a full-day customized training program for managers and HR specialists to assist with early identification of mental health warning signs.

- ✔ Reviewing the Prevalence and Cost of Mental Health Claims
- ✔ Discerning Mental Health Conditions at Work
- ✔ Understanding Root Causes of Mental Health Issues
- ✔ Identifying elements of a Psychologically Healthy Workplace
- ✔ Recognizing Red Flags – How Mental Health Issues Manifest at Work
- ✔ Utilizing Communication Strategies to Engage and Empower Employees
- ✔ Understanding Accommodation Strategies and Stay-At-Work Initiatives