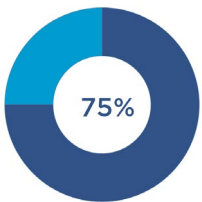


Mental Health *in the workplace*

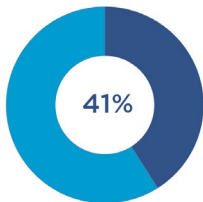
Did you know?



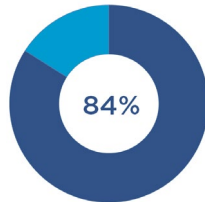
One in five Canadians suffer from a mental health condition¹



of individuals don't get the treatment they need for mental illness³



of plan members took at least one full sick day due to stress in the past year³



of Canadians reported their mental health has worsened during COVID-19²

Main Sources of Stress³



WARNING SIGNS:

- withdrawn/ avoidance/ isolation
- dramatic changes in appearance
- negative attitude/ change in temperament
- change in work performance
- crying without apparent reason
- loss of sleep, tired or exhausted at work
- lack of focus or contribution

HOW COVID-19 ATTRIBUTES TO POOR MENTAL HEALTH:⁴

- fear of becoming ill, infected or infecting others
- a sense of being socially excluded or judged by others
- fear of being separated from loved ones
- feelings of helplessness, boredom, loneliness and depression as a result of isolation or physical distancing
- fear of losing job or not being able to work, struggling financially



Many Canadians have seen their stress levels double since the onset of the pandemic²



Canadian were more likely to have increased their use of alcohol and tobacco during the pandemic¹

The pandemic may cause an increase in mental health struggle for years to come²

Click here



to learn more about People Connect, our mental health resource centre

