

- Schedule workplace mental wellness activities such as workshops on work-life balance, managing stress, self compassion, workplace bullying, addictions, depression, mindful practices, suicide prevention, and mental health.
- Become involved in World Suicide Prevention Day (WSPD) every Sept. 10th. To learn more about WSPD, contact your local suicide prevention network, or visit CASP's website at www.suicideprevention.ca.
- Develop a strategy and make a public commitment to be a psychologically and suicide safer workplace. Familiarize yourself with the resources available through the Great West Life Centre for Mental Health in the Workplace, www.workplacestrategiesformentalhealth.com.

To make a pledge to become a suicide safer workplace, complete the attached form and return to CASP at:

Canadian Association for Suicide Prevention
870 Portage Avenue
Winnipeg, Manitoba R3G 0P1
casp@casp-acps.ca

There is no cost to make the pledge. We do encourage workplaces to consider becoming a member and supporter of CASP. Companies participating in this initiative may be asked to complete a simple on line survey each year and will have their names listed on CASP's website.

Let's do this together. Together we can make a difference. You can make a difference in the lives of the people you work with and their families.

Name of Company:

Address:

Postal Code:

Company Email Address:

Company Phone Number:

Name Contact Person:

Email Address:

Phone Number:

Fax Number:

By completing this form we are declaring our intention to do all we can to promote resiliency and mental wellness within our workforce. We also understand that our company name might be included in a list of companies that have made this pledge and will be posted on CASP's website.

- Yes I wish to become a member of CASP.
(Cost of membership is \$150.00. CASP membership is not a condition of participation.)

Hope and Resiliency at Work



You can make a difference....



Every year almost 4,000 Canadians die by suicide. Suicide is the leading cause of injury related death in Canada. Men and women of working age represent one of the highest risk groups for suicide.

Perhaps your workplace has known the tragedy of suicide. Many, if not most people, in every workplace have in some way been touched by the trauma of suicide. Family and friends often suffer silently and are twice as likely to themselves experience thoughts of suicide. However, when we work together, suicides can be prevented.

There is a well established connection between promoting good mental health and preventing injury on the job. When people experience good mental health they are safer at work, more productive, resilient, and hopeful in their personal lives, and less likely to be at risk of suicide.

Workplaces play a critical role in promoting good mental health and suicide prevention. As an employer who is concerned for the health, wellness and safety of its employees, the Canadian Association for Suicide Prevention (CASP) hopes you will become a partner in promoting the resiliency of the people you work with and become a suicide safer workplace. It's really quite simple. The effort is minimal, the investment small, and the return potentially enormous. You could save a life and there is no price that can be placed on that.

You can make a difference by addressing the stigma of mental health and suicide, encouraging help seeking behaviour and creating a psychologically safe work environment where people feel comfortable to come forward with mental health concerns. We are asking you to show your support for the mental wellness of your employees and for suicide prevention by making a commitment to

become a psychologically and suicide safer workplace. Workplaces that make this pledge will receive a certificate recognizing their commitment to suicide prevention that we hope you will proudly display. This certificate sends a powerful message telling people that you believe there is hope and help for people when they have mental health difficulties or thoughts of suicide, and that you support conversations about mental health.

So what do you need to do? It's really very simple. We ask that you complete some simple tasks. The tasks are:

- *Recognize mental wellness and suicide prevention as a health and safety priority. Identify a suicide prevention/mental wellness champion or leader in your workplace.*
- *Organize a wellness committee that plans health and wellness events.*
- *Have posters promoting your local crisis/distress line displayed in public areas such as reception areas, lunch rooms, washrooms, etc. Blank posters can be downloaded from CASP's website at www.suicideprevention.ca and the phone number for your local distress/crisis line can be inserted.*
- *Provide employees with CASP's "Know When to Ask about Suicide and What to Do" information card. These information cards can be ordered from CASP's national office at casp@casp-acps.ca or downloaded from the CASP website at www.suicideprevention.ca.*
- *Provide employees with help cards that have the phone number for your local crisis/distress line. If your local crisis/distress line does not have help cards, blank help cards can be downloaded from CASP's website at www.suicideprevention.ca.*

- *Provide employees with information on stress and de-stressing. Publications such as "Calm in the Storm – Coping with the Stresses of Life" can be downloaded from CASP's web site at www.suicideprevention.ca.*
- *Provide employees with "De-Stress" help cards. The De-Stress help card promotes the website www.de-stress.ca, which provides important information on stress and how to de-stress. Help cards can be downloaded from CASP's website at www.suicideprevention.ca.*
- *Provide employees with information on mental health such as "Are You OK? A 4 Step Approach to Being Mentally Healthy," "Calm in the Storm – Coping with the Stresses of Life" and "Every person's Guide to Self Compassion." These resources can be downloaded from CASP's website at www.suicideprevention.ca.*
- *Have at least one employee, perhaps someone with human resources responsibilities, trained in ASIST. (ASIST is an internationally recognized two-day suicide prevention training developed by Livingworks, www.livingworks.net.)*
- *Offer training to employees on safeTALK. SafeTALK is a three-hour training developed by Livingworks that prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources. For more information on safeTalk, visit www.livingworks.net.*
- *Have at least one employee trained in Mental Health First Aid (MHFA). MHFA is an internationally recognized course developed by the Mental Health Commission of Canada and teaches individuals how to recognize and respond to mental distress as a first aider. For more information on MHFA visit www.mentalhealthfirstaid.ca.*