



Almost 1/3 of people in the workplace
have been diagnosed with a mental
health problem at some point—but we
all have mental health.

Mental health at Work Report, National Employee Mental Wellbeing Survey Findings 2017 (UK).

Learn the basics and break the stigma at
notmyselftoday.ca/basics



**Canadian Mental
Health Association**
Mental health for all

Only about 40% of us would tell our manager about a mental health problem.

Most managers see it as part of their job to support you and wish they had more training to do so.

Dewa, C.S. (2014). Worker attitudes towards mental health problems and disclosure. *International Journal of Occupational and Environmental Medicine*, 5(4), 175-185.
Ipsos Reid. (2012). Emotional Intelligence at Work.



Learn strategies for creating open dialogue at
notmyselftoday.ca/talking



Canadian Mental
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Emotional intelligence is the strongest predictor of life satisfaction—more than where you live, your IQ, your education level or how much money you make.

Goleman, D. (1995) *Emotional Intelligence: Why it can matter more than IQ*. New York, NY, Bantam Books.

Learn how to work with your emotions at
notmyselftoday.ca/emotions



**Canadian Mental
Health Association**
Mental health for all

Feeling stressed? You're not alone.

About 50% of employees say
they experience stress daily.



Ipos Reid. (2017) "A majority of Americans have experienced mental health symptoms over the past year" [Factum].

Learn how to manage unhealthy stress at
notmyselftoday.ca/stress



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Only 3 in 10 employees feel strongly
that their opinions count at work.

Psychological safety is the foundation for an engaged
and productive team that gives their all.

Gallup. State of the American Workplace Report. Washington, D.C., 2017.

Learn what role you can play in fostering a safe,
supportive and mentally healthy work culture at
notmyselftoday.ca/culture



**Canadian Mental
Health Association**
Mental health for all

50% of millennials and
75% of Gen Z-ers have
left a job for mental
health reasons.

Mental health is everyone's business.

Mind Share Partners, *Mental Health at Work Report* (2019).



Find out why mental health matters at
notmyselftoday.ca



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