

# TOOLBOX TALKS

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## WORKPLACE MENTAL HEALTH: Re-Mind.ca

### Instructions for employers:

Despite a common awareness of the importance of mental health, it is a topic that can feel awkward and uncomfortable, particularly on the jobsite. The Toolbox Talk video production “The Lone Hunter” is available for you to show to your staff as a mental health related safety topic. This video is uniquely designed for construction worksites to introduce the topic through entertaining, realistic, and humorous story telling. The video normalizes a common experience of despair and distress and leads viewers to the Re-Mind.ca website where they can find free tools, information, and resources to help.

The following steps will guide you to introduce the video and mental health tools/supports to your worksites:

### Step 1:

Download the film on a tablet or computer that can display the film at your site. You can choose the full length or short version of the film.



Download the poster. Print it out and post it at your jobsite.



### Step 2: Introduce the topic to the work team:

“We are committed to do what we can to improve everyone’s health and wellness and help all of you to feel the best you can. Positive mental health is an important part of health and safety. It’s important for health, to feel good, and it’s important for safety.

Poor mental health and wellbeing:

- Contributes to workplace accidents: workplace accidents are more likely for those who experience poor mental health.
- Impairs attention and concentration we need to stay safe.
- Often causes sleep disruption which leads to increased safety risks.
- Is solvable; most mental health challenges can be resolved with the right tools and information, and sometimes with the right kind of help.
- Is very common and those in our industry are less likely to seek help.

There is a website called Re-Mind.ca with some great information that this film introduces. It’s funny; lets watch it together.”

### Step 3: Show the video.

**Step 4:** Introduce any mental health resources your company has such as an Employee Assistance Program, or extended health benefits and tell your employees where they can find the information (ie. On a website or posted in the lunchroom/health and safety trailer).