

## **Mental Health Resources provided by Actsafe Safety Association**

### **Actsafes Safety Association – Psychological Health and Safety Resources**

Actsafes Safety Association is a not-for-profit organization with a vision of British Columbia having the safest and healthiest arts and entertainment workplaces in the world.

<https://www.actsafe.ca/topic/psychological-health-safety/>

### **Behind the Scenes Foundation – Mental Health Initiative**

Behind the Scenes is a non-profit charity organization. Their mental health initiative provides tools and resources that support entertainment industry workers to promote mental health and wellness.

<https://wp.behindthescenescharity.org/mental-health-and-suicide-prevention-initiative/>

### **Calltime Mental Health – Mental Health and Addiction Resources**

Calltime Mental Health is a public resource and mental health campaign for all workers in the motion picture industry and performing arts. Topics addressed include Indigenous Mental Health, Suicide & Prevention, BIPOC & LGBTQ+, and

<http://www.calltimementalhealth.com/resources/>

### **Canadian Centre for Occupational Health and Safety – Health Minds at Work**

Tools to help support your mental health efforts in creating a space where workers feel safe, respected and valued.

<https://www.ccohs.ca/healthyminds/>

### **Psychologically Safe Leader Assessment - FREE**

Features a new assessment scale and other improvements to help you assess psychological health and safety leadership in your workplace.

<https://www.psychologicallysafeleader.com/>

### **Guarding Minds at Work - FREE**

Offers a tool for employers to effectively assess and address the psychosocial factors known to have an impact on organizational health, the health of individual employees, and the financial bottom line.

<https://www.workplacestrategiesformentalhealth.com/resources/guarding-minds-at-work>

### **Stress Assess – FREE**

An evidence-based survey tool to help workplaces identify psychosocial hazards that can lead to stress and mental injury, providing suggestions and pathways to prevent harm.

<https://stressassess.ca/>

### **The Fearless Organization: Creating Psychological Safety in the Workplace for Learning, Innovation, and Growth**

This book offers practical guidance for teams and organizations who are serious about success in the modern economy. It explores this culture of psychological safety, and provides a blueprint for bringing it to life.

<https://www.amazon.ca/Fearless-Organization-Psychological-Workplace-Innovation/dp/1119477247>

### **Touring and Mental Health: The Music Industry Manual**

This book is written directly for the music industry and aims to help musicians and those working in live music to identify, process and manage the physical and psychological difficulties that can occur on the road as a result of touring. Inside, you'll find guidance on mental and physical health issues, relationship challenges, preparing for performance, media training, and much more.

[https://www.amazon.ca/Touring-Mental-Health-Industry-Manual/dp/1913172341/ref=sr\\_1\\_1?crid=1BOBLQDE1B9AC&keywords=touring+and+mental+health+the+music+industry+manual&qid=1701390585&srefix=Touring+and+menta%2Caps%2C140&sr=8-1](https://www.amazon.ca/Touring-Mental-Health-Industry-Manual/dp/1913172341/ref=sr_1_1?crid=1BOBLQDE1B9AC&keywords=touring+and+mental+health+the+music+industry+manual&qid=1701390585&srefix=Touring+and+menta%2Caps%2C140&sr=8-1)

## **Courses & Workshops**

### **Actsafes Safety Association - Anti-bullying & Harassment Course**

<https://www.actsafe.ca/courses-workshops/anti-bullying-and-harassment/>

### **Mental Health First Aid (MHFA) Training - Virtual Course**

Offered by the Actors' Fund of Canada. The course was developed by the Mental Health Commission of Canada. During the course, participants will learn how to:

- Recognize signs that a person may be experiencing a decline in their mental well-being or a mental health crisis.
- Find and reach out to professionals and other supports that could help with recovery to improved mental well-being.
- Assist in a mental health or substance use crisis.
- Use MHFA actions to maintain one's own mental well-being.

<https://afchelps.ca/resource/mental-health/mhfa/>

### **Calltime Mental Health Courses**

#### **Mental Health for Individuals – FREE**

A series of learning modules and companion e-book to help you recognize mental health and addiction issues, signs, and symptoms, and how to assist you and your fellow crew and union members get the support needed to be mentally, physically, and emotionally well, both at work and at home.

<https://www.calltimehealth.com/mental-health-for-individuals>

### **Mental Health for Leaders – FREE**

A series of leader support training modules and companion e-book covering stigma reducing language, recognizing and addressing mental health problems, leading sensitive conversations and creating a supportive workplace.

<http://www.calltimeentalhealth.com/mental-health-for-leaders>

### **Canadian Centre for Occupational Health and Safety Courses**

#### **Violence in the Workplace: Awareness - FREE**

Workplace violence is a serious issue that affects all business sectors and occupations and the safety and security of every employee and employer. This course is offered FREE of charge by CCOHS to promote awareness of this very important issue, and as a precursor to the other Workplace Violence e-courses.

[https://www.ccohs.ca/products/courses/violence\\_awareness/](https://www.ccohs.ca/products/courses/violence_awareness/)

#### **Violence in the Workplace: Establish a Prevention Program - Paid**

This course introduces managers, supervisors and employees to the key components of an effective workplace violence prevention program, providing them with knowledge and tools to take action to eliminate or minimize the potential for workplace violence.

[https://www.ccohs.ca/products/courses/prevent\\_violence/](https://www.ccohs.ca/products/courses/prevent_violence/)

#### **Dealing with Difficult or Hostile Customers - Paid**

This course provides workers with an overview of stresses and pressures that exist when dealing with customers who are volatile and/or hostile. Participants will develop a broad skill set to cope with these situations and will also learn practical skills communication and coping techniques to handle the situation and enhance personal performance.

<https://www.ccohs.ca/products/courses/difficult/>

#### **Reducing Mental Health Stigma in the Workplace – FREE**

This course will give you tools to recognize where colleagues may be unintentionally reinforcing a harmful stigma that affects others and to give you a better understanding of what stigma is, how it causes harm and how to address it in the workplace.

<https://www.ccohs.ca/products/courses/phs-stigma/>

### **Workplace Strategies for Mental Health, Canada Life - FREE**

#### **On the agenda workshop series**

This series is intended to help you develop and implement evidence-based psychological health and safety policies and strategies with your team. This series will help you consider psychosocial factors and existing approaches to improvement and employee input. With this information, your organization will be able to make thoughtful and effective policy and process changes.

<https://www.workplacestrategiesformentalhealth.com/resources/on-the-agenda-workshop-series>