

Healthy Working and Learning Environments Benefit Everyone



Seeking Wellness
OSSTF Peel Teachers
Healthy Working and Learning Environments

“One in five people in Canada experience a mental health problem or illness every year, and in too many cases, these issues are caused or exacerbated by workplace stress.”

- CLC President Hassan Yussuff

Consider the following facts from the Mental Health Commission of Canada (MHCC):

70% 

of Canadian employees are concerned about the psychological health and safety of their workplace (2017).

7 million 

Canadians will experience a mental health problem this year (2012).

500,000 

Canadians will not make it to work this week because of a mental health problem or illness (2012).

About 30%

of short- and long-term disability claims in Canada are attributed to mental health problems and illnesses (2012).

The total cost from mental health problems to the Canadian economy is

\$50 billion+ annually

(2016).



What Can We Do?

1. Practice Self Care
2. Raise Awareness and Support Each Other
- 3. Be Heard – Complete the OSSTF D19 TBU Survey on Psychological Health and Safety in our Worksites**

Survey Opens:
November 20, 2017

Survey Closes:
December 8, 2017

For more information, visit www.osstfd19.com/seeking-wellness