

Mental Health Awareness for Managers

Mental health affects individuals, their families, co-workers, and the broader community. It also has an impact on the workplace through absenteeism, reduced productivity and increased costs.

The following information will assist managers in learning how to recognize issues and how to support their employees.

Employee and Family Assistance Program

You can refer full time employees to the Employee and Family Assistance Program (EFAP), a short-term counseling service offered to faculty/staff and their family members at no cost. Contact is made directly by calling the toll-free number, 1-800-663-1142. All the information provided will be handled in a confidential manner. Learn more by visiting the [Homewood Employee Health EAP web site](#) [1], our webpages under the [M](#) [2][anagers](#) [2] and [S](#) [3][taff and Faculty](#) [3] sections.

Guarding Minds @ Work: A Workplace Guide to Psychological Safety & Health

This collaboration between the Consortium for Organizational Mental Healthcare (COMH) Faculty of Health Sciences at SFU and the Great-West Life Centre for Mental Health in the Workplace is in response to a growing need for employers to understand, assess and effectively address psychosocial issues affecting health or productivity in their workplace.

Check-up from the neck up

Mental health is just as important as your physical health. This is a simple, online, private, mental health check-up that can help identify symptoms of common mood disorders.

If you require additional assistance addressing mental health in the workplace please contact Occupational Health and Wellness by phone 519-824-4120 ext. 52647 or [email](#) [4].

Source URL: <https://www.uoguelph.ca/hr/managers/mental-health-awareness-managers>

Links

[1] <https://homewoodhealth.com/corporate>

[2] <https://www.uoguelph.ca/hr/managers-employee-health-wellness/supportive-counselling-services>

[3] <https://www.uoguelph.ca/hr/staff-faculty-health-well-being/employee-assistance-program>

[4] <mailto:ohw@uoguelph.ca?subject=Mental%20Health%20Awareness%20for%20Managers>