



# Safety Share

## Workplace Psychological Health and Safety

A psychologically healthy and safe workplace promotes workers' well-being and actively prevents harm to worker mental health.

Investing in a psychologically healthy and safe workplace is good for business. Protecting workplace mental health reduces total medical costs, absenteeism, presenteeism and disability costs while productivity increases.

The National Standard of Canada for Psychological Health and Safety in the Workplace is a voluntary CSA standard that directs and guides organizations in workplace mental health and safety.

### How can you make your workplace psychologically healthy and safe?

- Gain leadership commitment
- Talk about mental health
- Focus on healthy and respectful communication in the workplace
- Control psychological hazards in your workplace (like harassment, trauma, stress, bullying)
- Manage change effectively
- Encourage work-life balance

**In any given week,  
500,000 Canadians  
miss work due to a  
psychological  
health problem.**

*(Source: Mental Health Commission of Canada)*

### Resources:

[Guarding Minds @ Work](#)

[Mental Health Commission of Canada](#)

[CSA: Psychological Health and Safety in the Workplace](#)

[CCOHS: Assembling the Pieces Toolkit](#)

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