



## Mental Health at Work Mini-Lesson Plan #2

### Finding Support

*When to reach out for help & what support is available*

#### Check-in / Reflection Prompt

#### Did you know?

- We all struggle with our mental health from time to time. This is a part of life.
- It's okay to not be okay. It's okay and normal to find ourselves in those reacting, injured, or illness zones of the Mental Health Continuum.
- Most of us don't want to stay in those zones, and reaching out for support or help is one thing we can do to stay safe and move towards the healthy zone (or avoid going further towards the illness zone).

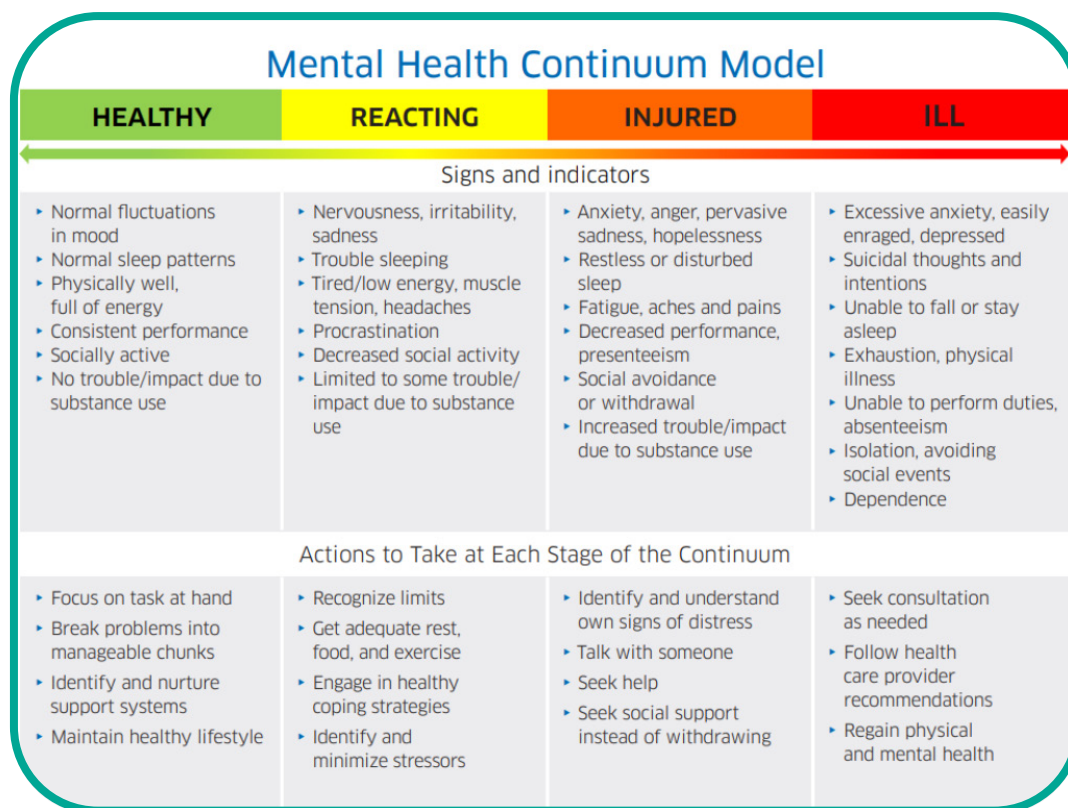


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- Whichever zone you're in, who might you go to for support?

## Finding Support

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**Here are some common supports you might reach out to, across the continuum:**

Healthy/Reacting – Informal Supports

- Friends or Family
- Coworkers or Manager
- Peer or Social Groups
- Elders
- Faith communities

Reacting/Injured – Mix of Informal & Formal/Professional Supports

- GP or Family Doctor
- Support groups
- Counselor or Therapist
- Employee Assistance Program
- Vacation or sick leave
- Mental health and wellness information sources (e.g., CMHA)

Injured/III – Formal/Professional Supports

- Psychiatrist
- Crisis services & crisis lines
- 911 emergency services
- Hospital or ER
- Formal accommodation
- Disability leave

### Discussion Questions

**Q1:** When we need support for our mental health, what support persons or resources are available to us through our workplace?



## Finding Support

### *When to reach out for help & what support is available*

**Q2:** When someone is struggling, what do you think may prevent them from seeking support through the workplace (if anything)? Are there any barriers (e.g., social, institutional) to accessing support through work, from your perspective?

**Q3:** What other supports or resources could someone benefit from, or would you like to see through or at work?

#### **Resource Highlight:**

Mental Health Resources Guide for Winnipeg (by CMHA Manitoba and Winnipeg)

*This guide outlines mental health-related supports and services available in Winnipeg, as well as many province-wide resources. To access the guide:*

- Download the most recent version by clicking on “Download Resource Guide” on this webpage: [cmhaacrossmb.ca/your-mental-health/finding-help](https://cmhaacrossmb.ca/your-mental-health/finding-help)
- Go directly to the 2023 edition here: [cmhaacrossmb.ca/wp-content/uploads/2023/09/Mental-Health-Resource-Guide-v8.1.pdf](https://cmhaacrossmb.ca/wp-content/uploads/2023/09/Mental-Health-Resource-Guide-v8.1.pdf)
- Or call CMHA’s Service Navigation Hub at 204-775-6442

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