

Mental health support for managers

Depression is the number one health issue facing developing economies and those in the prime of their career. As a manager, you are responsible for managing your employee's performance, regardless of the source.

These tools are intended to support you to create a healthy work environment that supports mental health and help prevent absences by giving employees the help they need, when they need it.

Mental health solutions for your organization

- This resource include a five part video series. The [Manager Mental Health Training](#) topics include:
 - Introduction to mental health and disability
 - Managing mental health in the workplace
 - Managing absenteeism
 - Managing difficult behavior and interpersonal conflict
 - Staying at work and returning to work

Identifying and supporting employees at risk for mental health issues

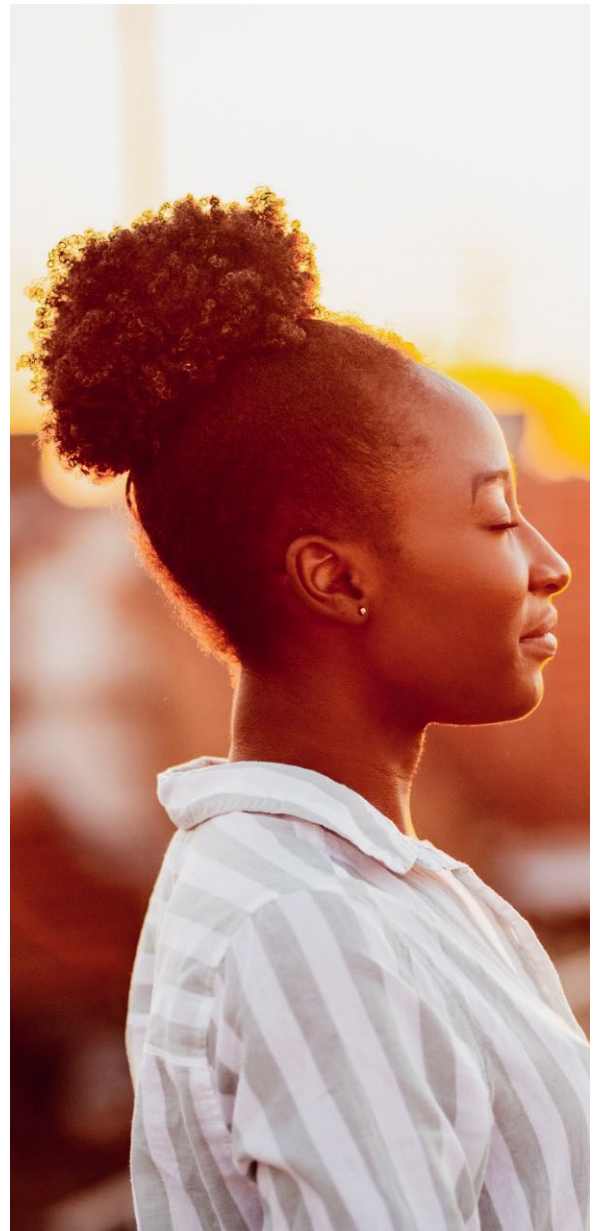
- This video helps managers understand mental health risk and identify red flags that may suggest an employee need support. It provides guidance around focusing on supports and resources available to employees.

Workplace Mental Health Fundamentals video

This video introduces the basics of a supportive workplace strategy. You'll be provided with statistics on the impact of mental health challenges before, during, and possibly after COVID-19 and tips, links and resources for further help. Valuable for those who want to learn about dealing with mental health claims, future trends, and roles for leadership.

Tip sheets for managers

- [Talking to your employees about mental health](#)
- [Mental health accommodations for employees](#)
- [People leader guide](#)



Connect

310.MUNI ■ benefits@abmunis.ca ■ abmunis.ca