

It's time to think about our mental health at work.



We spend MOST of our waking hours at work, which means our workplaces have a BIG influence on how we think and feel.

It's time to advocate for mental health in all workplaces and it's up to all of us – as employees, colleagues, and employers – to build psychologically healthy work environments.



SCAN ME

Learn more at HealthyMindsAtWork.ca

