

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.



Learn more at
HealthyMindsAtWork.ca



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