

Conference Board of Canada's "Healthy Brains at Work" second report focuses on employers' programs

As we communicated in a Special Edition of [Focus Update](#) in spring 2015, Sun Life is proud to sponsor an exciting research series produced by The Conference Board of Canada, examining employer-sponsored mental health benefits and programs in Canada.

On February 16, 2016, The Conference Board released their second briefing titled *Healthy Brains at Work: Employer-Sponsored Mental Health Benefits and Programs*. This research was drawn from a national survey of employers (n=241) on the practices and programs they have implemented to promote and sustain mental health in the workplace. This report also includes case studies of Canadian employers on the benefits and workplace programs they offer to address poor mental health, including depression. Sun Life as an employer is also profiled in one of these case studies.

The report includes many new research findings, including the following:

- While less than half of the employers who responded to the survey had implemented a strategy or a policy on mental health in the workplace, most respondents had various programs and benefits that addressed mental health at work
- While 72% of respondents agreed/strongly agreed that their programs supported an employee experiencing a mental health issue, only 56% believed that they proactively help employees maintain their mental health

"We at Sun Life Financial are thrilled to support this valuable research developed by Conference Board of Canada," says Dr. Marie Helene Pelletier, AVP Workplace Mental Health and contributor to this research series. "This second report is particularly important because it can help guide employers to think and act more strategically in supporting their own workplace mental health approach — which we know is a top priority for many Canadian employers in 2016."

As a lead research sponsor, Sun Life can provide complimentary copies of all reports as they are released. Please click on the links below.

Report links:

1. [Healthy Brains at Work, The Footprint of Mental Health Conditions](#) (May 21, 2015)— synthesizes an array of data and literature to understand the footprint of mental health conditions with a focus on employed Canadians.
2. [Healthy Brains at Work: Employer-Sponsored Mental Health Benefits and Programs](#) — examines the role, effectiveness and potential impact of employer-sponsored mental health benefits and programs.

3. *Impact of Workplace Mental Health Benefits and Programs*—will explore the potential gains if effective programs were optimized (not yet available).
4. *Creating the Conditions that Support Healthy Brains at Work*—will explore the opportunities and challenges in developing and delivering effective and innovative mental health treatments and approaches in the workplace (not yet available).

Sun Life is excited for the positive impact that this research will potentially have on all Canadian workplaces. As an organization committed to effective and innovative solutions for workplace mental health, Sun Life is proud to support these and other important initiatives.

The Conference Board of Canada advises us that this research was made possible through the financial support of Lundbeck Canada, Sun Life Financial, SCM Health Solutions, The Mental Health Commission of Canada, Canadian Depression Research Intervention Network, Mood Disorders Society of Canada and The Conference Board of Canada's Canadian Alliance for Sustainable Health Care (CASHC).

Questions?

Contact your Sun Life Financial group benefits representative.