

New! Working together for a healthier future: Workplace Mental Health Risk Assessment and consulting services

Sun Life's Integrated Health Solutions (IHS) is pleased to announce the launch of its new Workplace Mental Health Risk Assessment and consulting services.

The services were developed in collaboration with our clients to meet their needs and are aligned with the Mental Health Commission of Canada's [National Standard for Psychological Health and Safety in the Workplace](#) (National Standard). The risk assessment and consulting services form part of our IHS suite of services that provides complete support to address employee physical, mental and financial health needs.

Sun Life's Workplace Mental Health Risk Assessment tool and consulting services can help you evaluate the current state of psychological health and safety in your organization and enable you to understand strengths, risk areas, and opportunities for action, including proposed priorities. We look at the bigger picture, making the connections between health and your business so you can focus on your most important needs and priorities. Through a strategic approach to mental health, we'll help you meet the needs of today and work towards a healthier future.

These services are comprised of two parts.

1. *Workplace Mental Health Risk Assessment tool*

The tool was developed in partnership with Dr. Arla Day, a world-renowned researcher in Industrial/Organizational Psychology. Dr. Day's contributions were instrumental in the creation of the online risk assessment tool and in assuring the validity of the overall content. The assessment focuses on the 13 Psychological Risk Factors that impact psychological health and safety in the workplace as identified in the National Standard.

On completion of the online assessment, you'll receive immediate results that will give a snapshot of:

- Your organization's performance against the 13 Psychological Risk Factors
- Your organizational culture and leadership when measured against the National Standard
- The effectiveness of mental health programs and initiatives you currently offer

2. *Workplace Mental Health Consulting*

Following the assessment, our IHS team, which includes mental health specialists, can work with you to provide best practice, research-based, customized consultation to help adopt the National Standard and/or build a strategic and comprehensive workplace mental health strategy. The team can also support you with:

- Strategic roadmap for a three to five year mental health strategy
- Tactical action planning
- Programming

- Business case development
- Implementation support

A team like no other

The IHS consulting team - in addition to specialists in mental health - includes workplace wellness, and absence and disability management specialists. With an integrated team and approach, Sun Life is ideally positioned to help you make the connections between employee health and your business performance.

“We’re pleased that the Sun Life Workplace Mental Health Risk Assessment aligns with the National Standard for Psychological Health and Safety in the Workplace. It helps organizations take the Standard and apply it in a useful way.”

-- Sapna Mahajan, Director, Prevention & Promotion, Workplace, Mental Health Commission of Canada

From the specialists...

Here’s a great [editorial](#) about workplace mental from Dr. Marie-Hélène Pelletier, Sun Life’s Assistant Vice-President of Workplace Mental Health in the June issue of HRD (Human Resources Director) Magazine.

Questions?

Contact your Sun Life Financial group benefits representative.