

Third report of the “Healthy Brains at Work” series is now available

Sun Life is a Lead Research Sponsor of the Conference Board of Canada initiative that seeks to better understand the employer’s role in addressing mental health. Titled “Healthy Brains at Work,” this series has produced reports that have been released in 2015 and 2016:

- [Healthy Brains at Work: The Footprint of Mental Health Conditions](#) (May 2015)
- [Healthy Brains at Work: Employer-Sponsored Mental Health Benefits and Programs](#) (February 2016)

We are pleased to announce that the third instalment of the series, “[Healthy Brains at Work: Estimating the Impact of Workplace Mental Health Benefits and Programs](#),” is now available. This third briefing builds on the information from the previous reports, addressing mental health conditions in the workplace with available programs and modelling the possible economic impacts of such efforts.

Key points and highlights

- Using data gathered from the previous reports, as well as additional data compiled for this purpose, researchers estimate the impact that strong mental health programs and support in the workplace could have on the Canadian economy. Improved treatments of depression, as an example, could provide a boost of up to \$32.3 billion.
- A large gap has been identified of what’s needed in the workplace and what is currently available with regards to mental health resources for employees, acknowledging that employees can include part-time, contract, or temporary workers and it is those in precarious work arrangements that need the most support at times.
- Though much progress has been made with respect to awareness of mental health issues in the workplace, there is still the need for more in order to reach an optimal state in this area.

This report is available in English only at this time, though the executive summary will be available in both English and French.

The fourth and final briefing in the Healthy Brains at Work series will look at how we can create the conditions in the workplace that will best support a strong mental health culture.

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Questions?

Contact your Sun Life Financial group benefits representative.