

#GETLOUD with Sun Life as we support Mental Health Week

May 1-7 marks the 66th Canadian Mental Health Association's (CMHA) Mental Health Week — an annual national event that takes place during the first week in May to encourage people from all walks of life to learn, talk, reflect and engage with others on all issues relating to mental health.

Sun Life is participating and adding support to [CMHA's 2017 campaign #GETLOUD](#).

Here's what you can do to #GETLOUD

As an insurance provider, Sun Life continues to raise the bar to support mental health in the workplace by offering industry-leading thought leadership, tools and resources to help organizations pave the way to better organizational health.

By getting familiar with our resources, partnerships, initiatives and research projects, you can be better positioned to assess and identify areas for opportunities and growth in your organization to better address mental health in the workplace:

Thought-Leadership

- Sun Life has released two BrightPapers that address mental health in the workplace — [Make the link – healthy lifestyles and mental health](#) and [Mental Health in the Workplace](#).

Research partnerships

- As a supporter of the EMPOWER partnership project, which is led by Halifax's Saint Mary's University's Dr. Arla Day, Sun Life will work with other employer Clients to design and test programs to improve workers' health and work experience, especially those workers who are dealing with chronic physical and psychological demands.
- Sun Life is involved with an ongoing research partnership in conjunction with the Conference Board of Canada's initiative, "Healthy Brains at Work". As the Lead Research Sponsor, Sun Life is supporting the production of four reports addressing mental health. To date three have been released ([2015](#), [2016](#) and [2017](#)), with the fourth and final report being released later this year.
- Sun Life recently released a ground-breaking research study in conjunction with TNS Canada. "[Life Stage' Takes Centre Stage with Group Benefit Plans](#)" looks into the insights of generations in the workforce and their attitude to the integration of health and wellness across the health spectrum, including mental health.

Group Benefits are provided by Sun Life Assurance Company of Canada, a member of the Sun Life Financial group of companies.



Workplace Mental Health Risk Assessment

In 2016, Sun Life, with support from our Integrated Health Solutions team, introduced a new assessment to help employers evaluate mental health in their workplace and provide areas of focus to improve employee mental health that align with the National Standard of Psychological Health and Safety in the Workplace.

Join us in promoting and supporting the 2017 #GETLOUD campaign through social media and by sharing our resources and developments with your plan members.

Questions?

Contact your Sun Life Financial group benefits representative.