

New article will empower you to use your outside voice when it comes to mental health in the workplace

Keep the #GETLOUD campaign going with this new article about mental health in the workplace

In May, Sun Life supported CMHA's #GETLOUD week for mental health awareness, and we want to get even louder by keeping the conversation going with a new article that will empower you and give you the tools you need to address mental health in the workplace.

Read this article for insights into the current state of mental health in the Canadian workplace, including alarming and surprising stats about how mental health impacts the workforce, and which generations are most affected and most concerned about this growing problem.

You'll also get valuable insight into how your organization can take steps to address, evaluate and change the way mental health is approached and viewed.

Help us keep the conversation going about this very important topic by reading this article and sharing it with your plan members and social media groups! #GETLOUD #workplace

[Click here to read this article.](#)

Questions?

Contact your Sun Life Financial group benefits representative.