



June 23, 2020

## Supporting employees at risk for mental health issues

### New webinars help employees struggling with mental health issues get the support they need

A recent survey by Sun Life found that over half (56%) of Canadians surveyed said COVID-19 is negatively impacting their mental health<sup>1</sup>.

For employees experiencing mental health issues, it's critical that they are aware of the supports available to them. They also need to be able to speak with their manager or HR. These leaders can help them develop a strategy to support their health and productivity. It's also important that people leaders in your organization understand how they can support their teams.

We have two new webinars to address mental health during this time.

#### Webinar for employees

##### [COVID-19 continues to impact Canadian's mental health:](#)

- helps employees understand their own mental health risk,
- provides guidance around speaking to their manager, and
- identifies supports available to them on the job and through their plan.

#### Webinar for people leaders

It's more important than ever for people leaders to identify employees who may be at risk for mental health issues. By doing so, they can take actions to support them – and ensure they remain healthy and productive.

We have a new webinar for people leaders to provide some guidance. [Identifying and supporting employees at risk for mental health issues](#) takes a closer look at:

- manager responsibilities
- spotting early warning signs, and
- the importance of taking action early.

This [discussion tip sheet](#) can help people leaders strike a balance when discussing performance and mental health issues.

We encourage you to share these webinars with your employees and people leaders.

#### Questions?

If you have questions about addressing mental health issues in your workplace, we can help. Please contact your Sun Life Group Benefits representative.

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<sup>1</sup> Sun Life Ipsos poll conducted between April 29 and May 1, 2020