



Fast Facts

BULLETIN 97 | THURSDAY, MAY 15, 2025

Mental Health Awareness

Every May, Mental Health Awareness Month serves as a powerful reminder that we are still a long way from fully eliminating stigma, judgement, and discrimination around mental well-being. While progress has been made, many individuals still struggle in silence, lacking the support they need.

As employers, it is our responsibility to foster a workplace environment where open and honest conversations are encouraged, and support employee well-being.

Despite growing awareness, there's still misinformation surrounding mental health that may prevent workplaces from fully supporting employee well-being. By challenging misconceptions and embracing facts, we can foster a more informed and supportive work environment. Here are 3 myth-busters that you could share with your team.

Myth: *Individuals who experience mental health illnesses can not handle stress.*

Fact: People who experience mental health illnesses may be better at managing their stress than others who have not experienced mental illnesses.

Many people who experience mental illnesses have learned how to take care of the stress before it affects their health, through skills like problem-solving and stress management.

Myth: *Mental health illnesses are a sign of weakness.*

Fact: Any individual, irrespective of their strength, age, gender, and success, can experience mental health problems. Asking for help when you need it is a sign of strength and self-awareness, not weakness.

Myth: *Everyone experiences depression, it is just a part of life.*

Fact: While it is true that everyone experiences sadness, depression is more than just feeling down—it is a medical condition that affects mood, thoughts, and daily life. Any individual that experiences depression should be encouraged to seek support.

Click [here](#) for some resources and helpful tips on what you can do to help your team.

As we head into the long weekend, our team at HR Performance & Results hopes you have a safe and relaxing long weekend!

Upcoming Training

THE RESILIENT WORKPLACE

NAVIGATING CHANGE AND
FUTURE-PROOFING YOUR BUSINESS

MAY 29 / 7:45AM - 4PM

SANDBOX CENTRE, 24 MAPLE AVE. BARRIE, ON

KEYNOTE SPEAKER



DR. DAVE SHOREY

FEATURED PRESENTERS



SUE COOK



SHANE JOHNSTON



RH PARTNERS LLP



PRESENTED BY

BARRISTON
LAW

MARQUEE
BENEFITS INC

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Blog



APRIL 29, 2025

HEALTH & SAFETY

When Do I Need to Train New Hires on Health & Safety?

We often hear employers say things like, “I know health and safety training is important,” or “I know it’s a requirement, but the first day is so busy. We’ll make sure the new employee gets it done sometime this week.”

This comes with quite a few risks...

— [Read More](#)

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