



Fast Facts

BULLETIN 117 | FRIDAY, MAY 15, 2026

Supporting Mental Health at Work

Mental Health Resource Hub

Mental Health Awareness Week (May 4 - 10) may be over, but our commitment to mental well-being is an ongoing responsibility. As we continue to prioritize mental health in our workplace, here are a few resources for you and your teams to help foster a healthier, more supportive work environment:

- [Government of Canada: Mental Health Resources for Employees](#)
Tools and articles to help improve mental health, including information about stress management, financial well-being, and preventing harassment and violence.
- [CAMH: Workplace Mental Health Resource Centre](#)
Information and tools to help employers take action and learn more about mental health.
- [Workplace Safety & Prevention Services: Mental Health and Employee Well-Being](#)
Videos, articles, and tools to help protect and promote your employees' mental well-being.

For more information about how you can support mental health in your workplace, click [here](#).

New Time Zone - Pacific Time



This year, British Columbia (BC) has adopted permanent daylight saving time, which means that their clocks will not be falling back an hour in November unlike the many provinces of Canada. While this change is not catastrophic, it can be disruptive to your everyday routine. For employers in BC, the challenges range from coordination issues to concerns about employees' overall safety and well-being.

Did you know that BC's move may have an impact on your business in Ontario? Click [here](#) to learn more about its implications - the effects might be bigger than you think.

L&D Corner



Respect in the Workplace

The purpose of this program is to educate employees on the legal roles and responsibilities of employers, managers, supervisors, and employees as it relates to harassment (including sexual harassment), discrimination, and violence in the workplace. It also addresses critical topics

Blog

including workplace bullying and workplace civility.

[Click here to learn more about this course.](#)



Accessibility for Ontarians with Disabilities Act and the Ontario Human Rights Code

The purpose of this program is to educate you on the Accessibility for Ontarians with Disabilities Act and the Ontario Human Rights Code as it relates to persons with disabilities. The program will also educate you on how to interact with persons with disabilities in your workplace.

[Click here to learn more about this course.](#)

Interested in customized training programs? We have you covered. [Click here to learn more!](#)



May 15, 2026 | HEALTH AND SAFETY

[Mental Health Support in the Workplace](#)

EMPLOYER RESPONSIBILITIES

May marks Mental Health Awareness Month, a time dedicated to conversation around the importance of mental wellbeing. As employers, we understand the importance of physical health and safety in the workplace. If an employee has a serious fall and hurts themselves, the physical injury is...

“Be the change you wish to see in the world.”

- Mahatma Gandhi

Visit Our Website >



151 Ferris Lane, Suite 401, Barrie, ON, L4M 6C1

Barrie [\(705\) 719-7962](tel:7057197962)

Toronto [\(416\) 987-4163](tel:4169874163)

OFFICE HOURS

Monday - Friday 8:30 AM - 5:00 PM

Want to change how you receive these emails? You can [update your preferences](#) or [unsubscribe](#).

[View in browser](#)