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An electronic newsletter for Island Employers on Workers Compensation and Occupational Health and Safety Matters

princeedwardisland.ca
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**Worker Compensation Board
of PEI's
Workplace Health & Safety
Conference**
Thursday, April 25th, 2019
8 a.m. – 4 p.m.
Delta Prince Edward Hotel



Keynote Speaker:
Michael Landsberg
Michael shares the story of his own battle with mental illness delivering a powerful & personal keynote on the dangerously misunderstood issues of depression & mental health.

Deadline for Registration is April 15, 2019

Copy this link to your browser for more information and to register:

<http://www.wcb.pe.ca/OHSConference>

Please help us share with your contacts!

NEW YEAR.....NEW TOPICS

DID YOU KNOW?

WCB offers **ORIENTATION SESSIONS**, which are ideal for HR Professionals, business administrators and OHS representatives.

Let WCB help you and your organization understand exactly how to work with the Workers Compensation Board to ensure your organization makes the most of WCB benefits and services.

Session topics include:

- Services
- Benefits
- Claims Management
- Employer Payments
- Workplace Safety and more.

Book your Orientation Session today!
Contact Employer Services at WCB

902-368-5680
safetymatters@work.wcb.pe.ca

How can I help a co-worker?

Mental illnesses are health problems that affect the way we think about ourselves, relate to others, and interact with the world around us. They affect our thoughts, feelings, abilities and behaviours. Depression and anxiety disorders are the most common mental illnesses.

Mental illnesses are more likely to come up during times of stress or uncertainty, which can be part of many people's jobs. However, life stress outside of work can also affect mental health, which may then affect a person at work.

People who experience a mental illness may:

- doubt their abilities
- appear less confident
- may have a hard time concentrating, learning, and making decisions
- Symptoms of a mental illness may feed much bigger thoughts
- someone who can't concentrate may also think that they can't do their job well or worry about losing their job
- changes affect work performance
- can also have a big effect on relationships
- may withdraw from others
- act in unexpected ways
- take a lot of time off
- appear less productive than usual.

This can strain relationships with supervisors and co-workers

So how can I help a co-worker?

Different mental illnesses have different symptoms, and people experience the same mental illness in very different ways.

Some people may hide their symptoms, and some people may work well despite symptoms.

- If you have noticed changes and are concerned about a co-worker, it is best to express concern without making assumptions.
- it's best to let them decide what and how much they tell others in the workplace
- still offer support
- Let your co-worker know that you are there to listen without judgement
- make your co-worker feel like they're still part of the team
- Ask how you can help—and respect your coworker's wishes
- Continue to include your co-worker in the workplace's usual activities
- Depending on your relationship, you can still keep in touch with a co-worker who takes time off
- When a co-worker returns to work after time off due to a mental illness, make them feel welcome and appreciated
- Saying nothing because you're worried about saying the wrong thing can make your co-worker feel worse
- Advocate for healthy workplaces.

TAKEN FROM THE FOLLOWING BROCHURE:

<https://cmha.ca/wp-content/uploads/2016/02/Workplace-MI-NTNL-brochure-2014-web.pdf>