

# Safety...Talks



## Mental Health Day--Grab a Hat on May 3rd

Each May, Albertans are invited to wear a hat to raise awareness of the importance of good mental health. Participating schools will relax their hat rules and encourage students and teachers to build understanding by wearing hats to school. Students may also participate in a coordinated lesson on understanding mental health and the importance of removing the stigma associated with mental illnesses.

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MENTAL HEALTH  
canwetalk.ca

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NORTH AMERICAN  
OCCUPATIONAL  
HEALTH & SAFETY  
WEEK

3

AUDIT 2017

# Mental Health Statistics

Mental illness affects people of all ages, education and income levels, and cultures.



- 20% of Canadians will experience a mental illness in their lifetimes
- Canada's rate of suicide, which sometimes occurs with a person with a mental illness, is the third highest in the industrialized world
- Ten to twenty per cent of youth are affected by a mental illness, but estimates suggest only one in five will receive the mental health services they need
- Early diagnosis and treatment are the best ways to help in recovery
- The first step in reducing the severity of mental illness is reducing the stigma that surrounds it, as this stigma is one reason why people do not reach out for the help they need to speed or assist their recovery

## Consider ways to improve your well-being

- Do someone a 5 minute favour (volunteering helps people connect to others)
- Play with a puppy
- Hide your phone
- Take a break in the morning (people who take breaks in the morning feel more restored and less emotionally exhausted than those who take breaks in the afternoon)
- Let yourself procrastinate (a few minutes of Candy Crush can do a mind some good)
- Disappear for a bit (take a 10 minute walk)
- Shoot the breeze with co-workers (social time is so valuable)

# North American Occupational Health and Safety Week

NAOSH Week was first launched in June 1997, marked by an agreement between Canada, the United States and Mexico.



The goal during Safety and Health Week is to focus employers, employees, partners and the public on the importance of preventing injury and illness in the workplace, at home, and in the community.

## Activities for NAOSH Week

- Conduct your second general school inspection
- Have teachers complete second classroom inspection (remember CTS/Science labs if applicable)
- Have your safety committee meeting following your school inspections \*\*\*remember to document on the safety meeting minutes template
- Include a safety message in your weekly at a glance
- Include a safety topic in your staff meeting



**Send us a picture of your safety bulletin board to be entered into a draw!!**



## Audit 2017

A Certificate of Recognition (COR) is awarded to employers who develop health and safety programs that meet established standards.

A COR shows that the employer's health and safety management system has been evaluated by a certified auditor and meets provincial standards. These standards are established by Occupational Health and Safety (OHS).



### Locations being audited this year:

CES

Facilities

One World...One Centre

St. Alphonsus

St. Angela

St. Lucy

St. Leo

St. Nicholas

Austin O'Brien

Holy Cross

Katherine Therrien

St. Catherine

St. Teresa of Calcutta

St. Bonaventure

St. Rose

St. Basil

