



Mental health: Making a difference

A message from Teamsters Canada President François Laporte on World Mental Health Day

For years, Teamsters Canada has actively promoted education and awareness about mental health.

The pandemic has highlighted how fragile mental health can be for Canadian men and women. For instance the frontline workers and caregivers who have been working under intense pressure for a year and a half, or the many workers in other sectors such as retail sales, trucking and warehousing.

Personally, I can see that we still have work to do in accepting, acknowledging and caring for people who experience mental health problems. In addressing this issue, I think we first need to review and update how we deal with these realities in the workplace.

If it's true that it takes a village to raise a child, I think that loved ones and coworkers, too, can also make a difference in the life of someone facing mental health challenges.

Now more than ever, mental health, for ourselves and those we love, must be at the top of the agenda for unions, businesses and governments.

Promoting good mental health is a commitment Teamsters Canada made years ago, and I intend to continue to advocate for this cause for as long as it takes.

Together, we can make a difference for people who struggle with mental health. Let's all do just that, not only on World Mental Health Day but every day, all year long.

Helpful resources

Canadian Mental Health Association (CMHA)
<https://mentalhealthweek.ca/2021-toolkits/>

Canadian Centre for Occupational Health and Safety (CCOHS): Free online courses on mental health
<https://www.ccohs.ca/topics/wellness/mentalhealth/index.html>

Mental Health Commission of Canada, National Standard for Psychological Health and Safety in the Workplace
<https://mentalhealthcommission.ca/national-standard/>

Kids Help Phone
<https://kidshelpphone.ca/>

Crisis centres
<https://thelifelinecanada.ca/suicide-prevention-crisis-centre-contact-information/crisis-centres/>

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