

Great-West Life congratulates Centre for Mental Health Program Director on receiving award

Annual In the Mood Gala awards Mary Ann Baynton with Helping Hand Heart Award

Winnipeg, February 27, 2018 . . . At the annual In the Mood Gala on Feb. 24, Mary Ann Baynton, Program Director of The Great-West Life Centre for Mental Health in the Workplace, was awarded the Helping Hand Heart Award by Mood Disorders Association of Manitoba in front of over 300 industry and community leaders.

The Helping Hand Heart Award is one of three awarded at the annual gala. It recognizes individuals who have made outstanding, positive contributions to the field of mental health care.

“On behalf of our companies, I’d like to congratulate Mary Ann – an individual who is a very deserving recipient of the Helping Hand Heart Award,” says Stefan Kristjanson, President and Chief Operating Officer, Canada, Great-West Life. “We’re incredibly proud of Mary Ann’s achievements as Program Director for the Centre. The work she does makes a huge difference in the lives of Canadians each year, and she’s a passionate, dedicated and committed mental health advocate.”

Mary Ann was selected for the award for her work through the Centre. This includes her role as chair of the technical committee which developed the National Standard of Canada on Psychological Health and Safety in the Workplace (the Standard) – a set of voluntary guidelines, tools and resources intended to guide organizations in promoting mental health and preventing psychological harm at work.

She’s also an author, an advocate and runs her own consulting business in addition to her work with the Centre. Her latest book, *The Evolution of Workplace Mental Health in Canada: Toward a standard for psychological health and safety* was co-authored with Leanne Fournier and published in 2017.

“I feel so fortunate to be able to help develop free and practical resources to improve workplace mental health for everyone, and I’m grateful that the Great-West Life Centre for Mental Health in the Workplace provides the opportunity to work with passionate champions like the folks from Mood Disorders to do this,” says Mary Ann. “This award isn’t just for me, but for the hundreds of people I have the privilege of working with to make a positive difference.”

Mood Disorders Association of Manitoba is a self-help organization dedicated to providing support, education and advocacy for those living with a mood disorder, co-occurring disorders or other mental health illnesses. Open seven days a week, MDAM offers free support programs to more than 95,000 Manitobans a year. The In the Mood Gala is their annual fundraising event and awards ceremony, and helps raise much-needed funds that directly support family and youth programming in the province.

For more information about Mood Disorders Association of Manitoba and their programs, visit www.mooddisordersmanitoba.ca.

About the Great-West Life Centre for Mental Health in the Workplace

Established in 2007, the Great-West Life Centre for Mental Health in the Workplace is a leading source of practical ideas, tools and resources designed to help with the prevention, intervention and management of workplace mental health issues. Around the world, Canada is recognized as an international leader in workplace mental health. Many individuals and organizations have contributed to this distinction and it has been a privilege for the Centre to have played a part in many of their important initiatives. For more information, visit the Centre's website at WorkplaceStrategiesforMentalHealth.com.

For more information, contact:

Tim Oracheski
Director, Media & Public Relations
204-946-8961
media.relations@gwl.ca