

National Standard tops Centre's impact on workplace mental health since 2007

Congratulations to Centre for Mental Health in the Workplace for 10 years of achievement

Winnipeg, June 5, 2017. . . Great-West Life congratulates the Great-West Life Centre for Mental Health in the Workplace on its 10th anniversary and for its many collaborations and contributions that have helped advance workplace mental health in Canada.

The Centre's key achievements since 2007 include developing resources to support the mental health and productivity of employees, working with many other stakeholders to establish the trail-blazing *National Standard of Canada for Psychological Health and Safety in the Workplace* (the Standard), and its ongoing efforts in promoting adoption of the Standard by employers across the country.

The Standard is among the first employer guidelines of their kind worldwide, and forms the basis of an International Organization for Standardization (ISO) proposal, making Canada an international leader in psychological health and safety.

"I'm pleased to offer congratulations on behalf of our organization to Mary Ann Baynton and all of the Great-West Life Centre for Mental Health in the Workplace team as they celebrate a decade of achievement," said Stefan Kristjanson, President and Chief Operating Officer, Canada. "The Centre has been such an integral part of our overall strategy to help improve the mental well-being of all Canadians, and we can see from the progress that has been made that its efforts are working."

This year, the Centre commissioned major surveys mapping the evolution of workplace mental health issues since 2007. Key findings included:

- The number of Canadians who say their workplace is psychologically unhealthy or unsafe (10%) has been cut in half, down from 20% in 2009.
- More working Canadians (79%) say they know about mental health conditions like depression, up from 66% in 2007.

Later this year, the Centre will release a book documenting the history of and achievements in workplace mental health policy in Canada since 2007.

Many key stakeholders in workplace mental health have singled out the Centre for its ongoing efforts in the field. *Watch these [videos on the Centre's website](#).*

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 (the Centre) is a leading source of practical ideas, tools and resources designed to help with the prevention, intervention and management of workplace mental health issues. Everything the Centre develops is available online at no cost to all Canadians. In 2017, the Centre is celebrating 10 years of helping employers take concrete steps to foster a psychologically healthy and safe workplace and manage employee mental health issues.

For more information, visit the Centre's website at WorkplaceStrategiesforMentalHealth.com.

About Great-West Life

Great-West Life, together with London Life and Canada Life, offers a broad portfolio of financial and benefits plan solutions, and serves the financial security needs of more than 13 million people across Canada. The companies are members of the Power Financial Corporation group of companies.

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