

# MENTALLY HEALTHY WORKPLACE AWARDS

The Mentally Healthy Workplace Awards are designed to recognize leaders and businesses in our community who are fostering a mentally healthy workplace. The criteria for the awards are built upon the 13 Psychosocial Factors for Psychological Health and Safety in the Workplace. These are awarded to successful organizations who are working to implement measures that reflect these factors.

## ELIGIBILITY

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The Mentally Healthy Workplace Awards are open to any Central Okanagan business in current operation who are demonstrating leadership towards promoting mental health in the workplace. There are three award categories for the following business sizes:

1. Small Business (**1-20 employees**)
2. Medium Business (**21-45 employees**)
3. Large Business (**46+ employees**)

Some examples of mental health initiatives that may reflect psychosocial factors include:

- Professional development
- Mental health days
- Promotion of work-life balance
- Volunteerism
- Human Resource departments
- Employee assistant programs
- Internal resources on mental health
- Team building
- Organizational culture and values
- Employee recognition awards
- Workload management
- Planned employee lunches/outings

## SELECTION PROCESS

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Once you have completed the nomination form for your workplace, your application will be sent to an awards committee for review. If successfully chosen, the awards committee will shortlist the finalists for an interview. Your business will then be invited to the annual awards breakfast as we announce the winners.



## HOW TO NOMINATE

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**Nominations will open in Summer 2019!**