

MENTALLY HEALTHY WORKPLACE AWARDS

Mental health, it's everyone's business.

November 19th, 2019

Coast Capri Hotel

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. The awards are handed out to successful organizations that are striving to have their workplace reflect these factors.

ELIGIBILITY

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

1. Small Business (**3-20 employees**)
2. Medium Business (**21-50 employees**)
3. Large Business (**51+ 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 & values
- Employee recognition awards
- Workload management
- Clear leadership & expectations

SELECTION PROCESS

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 on **November 19th, 2019** at the **Coast Capri Hotel** as we announce the winners.



Canadian Mental
Health Association
Kelowna

NEW FOR 2019!

Each business that advances to the semi-finalist stage and receives an interview, will be eligible to receive a **one hour, one on one session with our workplace Learning & Development Manager** in order to provide you with specific and tangible next steps as you can continue to foster a mentally healthy workplace.

HOW TO NOMINATE

To nominate your business, please submit a completed submission form by **October 4th, 2019**.
[Click here to nominate your workplace now!](#)

For any further questions about nominating your workplace please contact **Jessica Samuels** at jessica.samuels@cmha.bc.ca

