Canadian Mental
Health Association
Thames Valley
Addiction and Mental Health Services

Public Education

List of programs and services

List of Programs & Services

Psychological Health and Safety Consulting

The National Standard of Canada for Psychological Health and Safety in the Workplace includes 13 factors which are a set of voluntary guidelines, tools and resources intended to guide organizations in promoting mental health and preventing psychological harm at work.

The Standard provides a comprehensive framework to help organizations of all types guide their current and future efforts in a way that provide the best return on investment. Adopting the Standard can help organizations with:

- Productivity
- Financial Performance
- Risk Management
- Organizational Recruitment
- Employee Retention

Our Psychological Health and Safety consulting will help employers implement the standard by:

- Align psychological health and safety with organizational goals and objectives
- Prepare employers to proceed with a psychological health and safety assessment
- Apply tools to assess and analyze psychological health and safety
- Develop implementation plans based on evaluation results
- Assess and evaluate implementation plans
- Demonstrate your ability to adhere to the overarching principles of The Standard

Certification Programs

Mental Health First Aid (Virtual or In-Person)

Mental Health First Aid (MHFA) is the support provided to a person who may be experiencing a decline in their mental well-being or a mental health crisis.

Course participants will learn how to:

• Recognize signs that a person may be experiencing a decline in their mental well-being or a mental health crisis

• Have conversations that encourage a person to:

- Talk about declines in their mental well-being

- Discuss professional and other supports that could help with recovery to improved mental wellbeing

- Reach out to these support

• Assist in a mental health or substance use crisis

• Use MHFA actions to maintain one’s own mental well-being

SafeTALK ® – (Suicide Prevention Training) – In-person ONLY

safeTALK is a half-day training in suicide alertness. It helps participants recognize a person with thoughts of suicide and connect them with resources who can help them in choosing to live. Participants don't need any formal preparation to attend the training—anyone age 15 or older who wants to make a difference can learn the safeTALK steps

ASIST® (Applied Suicide Intervention Training) – In-person ONLY

The ASIST workshop is for caregivers (professionals, volunteers, students and family members) who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. Over one million caregivers have participated in this two-day, highly interactive, practical, practice-oriented workshop. The goal of ASIST is to enhance a caregiver's abilities to assist a person at risk to avoid suicide. By completing the workshop, participants will be able to:

- Discuss suicide with a person at risk in a direct manner;
- Identify risk alerts and develop a safe plan related to them;
- Demonstrate the skills required to intervene with a person at risk of suicide;
- List the types of resources available to a person at risk of suicide, including themselves;
- Recognize that suicide prevention is broader than suicide intervention and, includes life promotion and self-care for persons at risk and for caregivers.

Participants will receive an ASIST workbook and a Suicide First Aid Wallet Card. ASIST workshops are all delivered by certified trainers

Education Sessions/ Corporate Wellness

General Mental Health and Resiliency

In this session we will build an understanding surrounding Mental Health and recognize the signs and symptoms when there may be a decline in our own, or someone else's mental health. It is important that we take the time to define our own protective factors and discuss strategies for supporting resiliency to foster positive emotional well-being. We will also discuss how we can create a culture of support in our workplace and our communities by supporting those around us. Resources will be provided at the end of the presentation on ways to connect to professional and self-directed help.

This presentation can also be tailored to build more knowledge on the following Mental Illness' and Disorders:

- Mood Disorders
- SAD
- Anxiety Disorders
- Addictions and Substance Use Disorders
- Eating Disorders
- Psychotic Disorders

De-escalation Strategies: Responding to Mental Health and Substance Use Crisis in the Workplace

All people have a window of tolerance. For some it is a very wide window – the person can tolerate a great deal of situational stressors and adapt quite easily – for others the window is very narrow. Where seemingly slight inconveniences can be intolerable to the emotional system. This can trigger an emotional reaction in certain situations where there is a perceived threat.

This session will give you the tools to help you respond to crisis or conflict situations where people's behaviours may be influenced by substances, homelessness, and mental health challenges. In this session we will discuss strategies that can help us to de-escalate the situation and learn how to cope after traumatic incidents. In addition, you will learn about the range of available community resources to support you, not just 9-1-1.

Trauma Informed Care Training

Trauma is prevalent in our world and impacts all of us – our friends, family, colleagues and those accessing our services. Trauma often shapes our interactions and relationships at home and at work.

Trauma-informed workplaces understand the presence of trauma, acknowledges the role trauma can play in a person's life, and promotes work environments that support the individual and collective of well-being of all staff and those accessing services. They create a sense of belonging, connection and safety through their attitudes, policies and practices.

As a result, organizations that are trauma-informed are more resilient and better able to achieve their missions. Every workplace, in every sector can benefit from becoming trauma-informed.

This training will provide an overview of trauma and its impact on individuals and communities, including:

- types of traumas
- trauma responses
- trauma as a risk factor
- psychological impact and impact on behaviors - "all behavior has meaning".

It will provide distinctions between Trauma-Specific Services and TVIC Informed Services, and it will outline the principles of an TVIC approach and the implications for practice within an organization, including:

- principles to be applied across all levels of the organization
- how to create a supportive welcoming environment
- including supporting staff with vicarious trauma/compassion fatigue

In the Know: Mental Health Awareness Program for Farmers and the Agriculture Community

In the Know is a mental health literacy program designed specifically for farmers, their families and those who are involved and/or support the agriculture sector. Through this free, four-hour workshop, participants will cover the topics of stress, depression, anxiety, substance use and how to start a conversation around mental well-being. The workshops are facilitated by one of CMHA's mental health professionals using 'real-life' examples from agriculture.

Understanding Substance Use and Addictions and how to support:

When people experience mental health and/or substance use problems, their lives are significantly affected—and they are not alone in their experiences. The impact of mental illness and addictions extends beyond the individual to family members, friends, co-workers and others. It is important to understand the impact of these issues on you and other family members and the role you can play in recovery.

Having a good understanding of substance use problems and the experiences of your loved one will help you to be supportive. In this session, we will explore terminology related to substance use and addiction. We will also look at why people use drugs, the risk factors and causes of addiction and how to recognize the signs of substance use problems

Cost of Caring: Exploring Empathic Strain, Vicarious Trauma and Burnout

Healthcare professionals are often on the frontlines of emotionally demanding work. Recent data from Ontario indicates that up to 60% of healthcare workers experience burnout, secondary traumatic stress, or compassion fatigue, which can quietly erode their wellbeing and job satisfaction (Ontario Hospital Association, 2023).

This 90-minute session is designed to acknowledge these challenges in a compassionate, practical way. Participants will explore the emotional impacts of caregiving, recognize early warning signs of strain, and learn evidence-informed strategies to build resilience - this session aims to empower staff to sustain their capacity to care with confidence and clarity.

Through stories, reflection, and practical tools, staff will leave equipped to nurture their own wellbeing, support their colleagues effectively, and advocate for a mentally healthy work environment—all while fostering a culture of openness, mutual support, and resilience.

Motivational Interviewing and Stages of Change

Motivational Interviewing (MI) and the Stages of Change model, is designed for professionals in health care, counseling, social work, and education. This engaging program will equip participants with essential skills and techniques to effectively support individuals in navigating their personal journeys toward change.

This training is ideal for healthcare professionals, therapists, coaches, educators, and anyone involved in supporting individuals in making positive changes in their lives.

Whether you are new to motivational interviewing or looking to deepen your understanding, this training will provide valuable insights and practical tools to enhance your effectiveness in fostering client change. Join us and empower others on their journey toward transformation!

Corporate Wellness

A corporate wellness program encourages and supports a holistic approach to the well-being of employees by establishing an organizational culture of health. When employees have more opportunities to be healthy at work, they become more productive and happier. Many businesses promote their corporate wellness programs to improve job satisfaction among employees and attract more talent.

Usually, corporate wellness programs are a combination of features to best suit the needs of the employees. Here are some of our offerings:

Emotional Intelligence:

This workshop introduces participants to emotional intelligence (otherwise known as emotional quotient or EQ). Emotional intelligence is a set of competencies required to build understanding of self and others that can be nurtured and strengthened to help participants develop an overall sense of health and well-being. It is also a skill to help improve emotional and social functioning in both their personal and professional lives.

EQ can help in our professional capacities through:

- Empathy improves communication.
- Adaptability promotes problem solving and innovation.
- Intrinsic motivation gets things done.
- Ability to manage emotions mitigates conflicts.
- Mindfulness of others emotions strengthens collaboration and teamwork
- Encourages valuable partnerships.

This workshop can be offered in a single introduction session or a 5-week course for employers and staff

Stress Management:

Work, deadlines, bills, relationships, chores... and the list goes on. The demands of daily life pull us in all different directions, requiring time and energy that we don't always have. A healthy level of stress pushes people to take care of their responsibilities, pushes people outside of their comfort zone and accomplish goals.

However, when stress goes unchecked, it's symptoms can negatively impact both physical and mental health. The goal isn't to eliminate all stress – it's to befriend it. Keeping stress at levels that are helpful, rather than harmful.
In this workshop we will provide an overview of stress, it's symptoms and how it presents in daily life. From there we will discuss strategies to manage stress in healthy ways through self-reflection activities.

Purpose: Identifying Strengths and Mastering the Skill of Presence

As humans, we have a need to feel connection and a sense of purpose. Life challenges may have us feeling lost and disconnected to the things that make us feel happy. This workshop will help you develop self-awareness by identifying your greatest qualities and help you understand how to connect your behaviour to match your core values/beliefs.

Work-life Balance

Work-life balance is not so much about splitting your time 50/50 between work and leisure. Work-life balance is about making sure you feel fulfilled and content in both areas of your life. Work-life balance helps us avoid feelings of stress and burnout. Establishing priorities, values and time management are all key to maintaining a healthy work life balance.

In this workshop we will:

- Identify and recognize our own character strengths and personal values.
- Gain an understanding of stress and burnout in the workplace and consider workplace balance to help reduce the exposure to burnout.
- Grasp an understanding on time management.

Time Management:

This workshop will help participants learn strategies for better time management. Time management is different for different people, our unique personalities mean we manage our time in different ways. Find out a bit more about yourself, how you learn, how you cope with time and stress and what strategies may be a natural solution for you to be even better at managing your time.

Contact Information

For more information about booking and pricing, please contact:

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