

Workplace Wellness

City of Saskatoon Employee & Family Assistance Program (EFAP)

1. Mental Health First Aid Canada

Website: <https://mentalhealthcommission.ca/what-we-do/mental-health-first-aid/>

Overview: A training program that helps people recognize and respond to signs of developing mental health problems or mental health crises.

Topics: Mental health literacy, early intervention and supporting colleagues, family members and friends.

Contact: Mental Health Commission of Canada; use the official website.

2. Working It Out / Mental Health Works

Website listed by EFAP: <https://www.mentalhealthworks.ca/>

Overview: The EFAP page lists this resource as a manager's guide to mental health in the workplace.

Topics: Workplace mental health, management practices and supporting employees.

3. WorkSafe Saskatchewan

Website: <https://www.worksafesask.ca/>

Overview: Saskatchewan workplace safety information, including workers' rights and workplace health and safety resources.

Topics: Workplace safety, employee rights and safe work practices.

Contact: Use the official website for current contact information.

4. Enough Already Saskatchewan

Website: <https://enoughalreadysk.ca/>

Overview: The EFAP page lists this initiative as a resource for people experiencing or affected by sexual harassment in the workplace.

Topics: Workplace sexual harassment, awareness and support.

Contact: Use the official website for current contact and referral information.