

Tool for Practical Ways Local Unions Can Support Members' Good Mental Health

- Employee Assistance Program (EAP or Family EAP) and Health Benefits through the employer
- Sick Time
- Short Term Disability (STD)
- Long Term Disability (LTD)
- Duty to Accommodate (DTA)
- EI Sick Benefits
- CPP Disability
- Provincial Disability benefits
- Community Mental Health Services
- Mental health system – hospitals
- Crisis/support lines
- Pastoral Care, including an Indigenous spiritual care

Websites (English)

USW

<https://www.usw.ca/act/campaigns/d6hcc/resources/dealing-with-mental-health-in-the-workplace>

CLC comprehensive resource list

<https://canadianlabour.ca/uncategorized/mental-health-resources/#affiliates>

OHCOW: The Mental Injury Toolkit

<https://www.ohcow.on.ca/mental-injury-toolkit/>

The United Way

[Labour Community Advocate Training Program
\(labourcommunityservices.ca\)](http://labourcommunityservices.ca) (Greater Toronto Area only)

[211 – United Way Centraide Canada](http://211.ca)

<https://www.unitedwayeo.ca/categories/mental-health-and-addiction-supports/>

Websites (French)

Syndicat des Métallos

<https://www.metallos.org/actualites-et-medias/actualites/sante-mentale-ya-de-la-place-pour-des-gens-differents/>

FTQ

[Réseau des délégués sociaux et des déléguées sociales - FTQ -
Fédération des travailleurs et travailleuses du Québec](http://reseau-ftq.ca)

[Coordonnateurs et coordonnatrices du réseau des déléguées et délégués
sociaux - FTQ - Fédération des travailleurs et travailleuses du Québec](http://coordonnateurs-ftq.ca)

Centraide

<https://www.centraide.ca/how-we-help/211-2/>

<https://www.centraideeo.ca/categories/soutien-en-matiere-de-sante-mentale-et-de-toxicomanie/>