



TOUGH ENOUGH TO TALK ABOUT IT™

Safer workplaces start with you

Created specifically for Trades, Industry and Agriculture, Tough Enough To Talk About It recognizes the unique nature, risks and rewards of these demanding sectors and their impact on mental well-being. Learn how to

**ASK
LISTEN
GET HELP**

**BUSINESSES IN
CANADA LOST**

6 billion

**IN PRODUCTIVITY DUE TO
POOR MENTAL HEALTH IN
2011**

(MENTAL HEALTH COMMISSION OF
CANADA, 2013).

70%

**OF ALL SUICIDE
DEATHS IN CANADA
ARE AMONG
WORKING AGED
ADULTS, AGES 30-64**

(MUSTARD, ET AL., 2010).

Innovative, facilitated presentations designed to equip employees with tools to create safer workplaces and reduce the stigma of mental health. Presentations and seminars range from 90 minutes to 6hrs and are targeted for both employees and leadership.

To book a presentation or receive more information contact

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or www.sp-rc.ca