



## HOSPITAL EMPLOYEES' UNION

**PROVINCIAL OFFICE:**

5000 North Fraser Way, Burnaby, BC V5J 5M3 • TEL: 604-438-5000 • FAX: 604-739-1510 • WEB: [www.heu.org](http://www.heu.org)

August 31, 2017

To: Secretary-Treasurers

Dear Sisters, Brothers and Friends,

**Re: Workplace Mental Health (Two-Day) Workshop – November 21 – 22, 2017**

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Workplace hazards such as unsafe work, workload, violence, bullying, harassment, workplace conflict and poor management style can have a significant impact on workers' mental health and well-being.

As a result, Local stewards and activists are increasingly dealing with mental health issues faced by members in their workplaces. To support stewards in addressing these concerns, we are excited to offer a two-day Workplace Mental Health workshop for 40 Local stewards and activists.

We will discuss and explore topics including:

- Recognizing workplace mental health issues
- Employers' responsibilities to create mentally healthy workplaces
- Understanding the stigma around mental health issues
- Practicing compassionate conversations about mental health
- Stewards' self-care and recognizing compassion fatigue
- Workplace mental health resources

**Where:**

HEU Provincial Office  
5000 North Fraser Way  
Burnaby, B.C.  
V5J 5M3

**When:**

**Tuesday, November 21 and Wednesday November 22, 2017**

<b>Day 1 Nov. 21:</b>	<b>Registration</b>	<b>8:30 a.m.</b>
	<b>Workshop</b>	<b>9 a.m. – 4:30 p.m.</b>
<b>Day 2: Nov. 22</b>	<b>Workshop:</b>	<b>8:30 a.m. – 4 p.m.</b>

Please find enclosed an application form which should be filled out by Local stewards and activists who deal with mental health workplace concerns.

**The deadline for the application form is Tuesday, October 10, 2017.**

We will be contacting successful applicants by telephone or mail to confirm further details. Once applicants have been notified, they will be required to apply for Leave of Absence for union business.

Additional application forms are available on the HEU website at [www.heu.org](http://www.heu.org).

In solidarity,

A handwritten signature in black ink, appearing to read 'J. Whiteside', written in a cursive style.

Jennifer Whiteside  
Secretary-Business Manager

Attachments

cc: Chairpersons  
Provincial Executive  
Reps and Directors