



Standards Set for Workplace

“On any given week, roughly half a million Canadians will miss work due to a mental health problem or illness,”

-Louise Bradley

Mental Health Commission of Canada

The world’s first National Standard for Psychological Health and Safety in the Workplace was commissioned in 2013 by the Mental Health Commission of Canada (MHCC) and published by the Standards Council of Canada. The Standard is aimed at preventing mental injury, reducing absenteeism, and supporting a healthier, more competitive workforce. “The standard helps employers continuously improve their approach to promoting mental health and prevention for all employees, whether or not they have a mental illness,” Bradley said.

The MHCC has announced plans to partner with more than 25 employers on a three-year research project aimed at implementing the National Standard for Psychological Health and Safety in the Workplace. This publication, at seventy-six pages in length, is a comprehensive exploration of the problem of mental health in the workplace and factors that affect it and have an impact on it.

By Heather Frenette

References

Psychological health and safety in the workplace —Prevention, promotion, and guidance to staged implementation
http://www.csagroup.org/documents/codes-and-standards/publications/CAN_CSA-Z1003-13_BNQ_9700-803_2013_EN.pdf

Employers to look at Canadian workplace mental health. Daily Commercial News
<http://dconl.com/article/id58690/--employers-to-look-at-canadian-workplace-mental-health>

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Probiotics and Mental Health

Many people know that probiotics are thought to be good for your physical health, but do you know that probiotics can also be good for your mental health?

Studies have shown that people living with from depression and anxiety are more likely to have gastrointestinal problems than people who don't suffer from depression and anxiety. Since our gut health can improve with eating probiotic foods, it's believed that it can also help those with these conditions.

Many common foods such as yogurt, pickles and red wine contain healthy bacteria that can improve health. The effect of good bacteria on mental health is still under investigation but the few studies into the effect of probiotics in children with autism show that probiotics can improve negative symptoms of autism. It's hopeful that it can do the same for those with general depression and anxiety.

Studies at Acadia University are now underway to investigate the effects of probiotics on people with depression and anxiety and other psychological (such as memory) and physiological (digestion and gut health) issues. Treatment with probiotics for people with depression and anxiety is the goal especially for those who don't respond well to conventional treatment.

For more information on the Acadia or to participate in the University Probiotics Study, go to <http://www.probioticstudy.com> or e-mail Zoe Hunter at acadiaprobioticstudy@gmail.com

By Melinda Cadarette

Sources:

- Ross, S. (2012, September 1). Gut Bacteria May Fight Depression. The Halifax Chronicle Herald. Retrieved from <http://thechronicleherald.ca/novascotia/1319544-gut-bacteria-may-fight-depression>
- Alexander, J. (2013, August 29). 10 Probiotic Foods To Help With Depression and Anxiety. The Toronto Sun. Retrieved from <http://www.torontosun.com/2013/08/27/10-probiotic-foods-to-help-with-depression-and-anxiety>

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MENTAL HEALTH FIRST AID

Mental Health First Aid courses are being offered on: February 6 to 7th, 2014 and March 28 to 29th, 2014.

The cost is \$150 per person, and the location is to be announced.

If you are interested please register at www.kingsns.cmha.ca (under services)



I'm In Crisis

In an attempt to help people who are experiencing a mental health crisis and who need help, Annapolis Valley Health has developed a definition of a mental health crisis, signs that you are in crisis and examples of crisis.

What is a crisis?

A crisis is an emergency that is an immediate threat to your physical, emotional and mental health. Extreme stress (for example: the loss of housing, acute relationship distress, or violence and trauma) can lead to crisis. A crisis can happen when a person's usual coping strategies are overwhelmed and they need urgent support. The goal of Crisis Response is to provide support to enable the person to handle the crisis while remaining in the community.

Get Help

If you or someone you know is experiencing a crisis, contact us right away:

- Call us at (902) 679-2870 (adult) **or** (902) 679-2873 (child and youth) (weekdays, Monday to Friday, between 8:30am – 4:30pm)
- At all other times, go to your local emergency department, call 9-1-1 or call the Mental Health Crisis Line at 1-888-429-8167.



Reference

<http://www.avdha.nshealth.ca/mental-health-addiction-services/get->



Ready To Rent Program

The Ready to Rent program, offered by The Canadian Mental Health Association, Kings Branch, began on Tuesday, January 28th, from 9:30 to 11:30 am and will be held every Tuesday for five weeks.



Ready to Rent...

- Offers you a 12 hour course
- Helps you plan to get good housing
- Tells you what landlords look for in choosing a tenant
- Works to improve your chances for getting the housing you need
- Helps you learn how to improve your credit rating
- Improves your references or rental history as needed

For more information or to register for the program, please call the CMHA office at 679-7464.

Nova Scotia to Develop A Strategy on Dementia

The Alzheimer Society of Nova Scotia and the provincial government are co-leading an advisory committee with the goal of devising the province's first plan to care for people with dementia.

Health Minister Leo Glavine says the committee members will soon be named and will give advice on the plan's content and recommendations. Glavine says Nova Scotians with dementia, caregivers, service providers and geriatric health care professionals will serve on the committee.

He says, since Nova Scotia has the country's oldest population per capita, there is a need to create a dementia strategy. The plan is expected to be announced in the spring of 2015.

In The News

Mental Health Standard in Canadian Workplaces – CBC News

Louise Bradley, president of the Mental Health Commission of Canada (MHCC), states that mental disability accounts for most workplace absenteeism and disability claims; the toll on businesses is around \$51 billion. She asserts, “Because of our economic climate . . . people are afraid if they don’t show up, they will be stigmatized and they may lose their jobs, so they show up and they aren’t able to work as productively as they would like.” The National Standard may be downloaded at http://www.csagroup.org/documents/codes-and-standards/publications/CAN_CSA-Z1003-13_BNQ_9700-803_2013_EN.pdf.

Mental health program puts people on path to recovery – CTV News

Approximately 3500 citizens of Calgary are homeless. According to those who help them, the percentage of mental illness in this group is very high. The Pathways to Housing program equips the homeless with homes of their own and provides the resources for them to recover from their mental illness. Tangibly, weekly support groups help people with substance abuse or managing their illness in general. Practical skills, like cooking or computer training, are taught and social events are part of this initiative. They work with around 160 people with serious mental illnesses. They aim to meet their material needs before offering treatment, which officials say is vital for breaking this cycle of homelessness due to mental illness.

New mental health program will enhance service – The Advertiser

Bell Aliant Pioneers have donated \$250,000 to the Royal Newfoundland Constabulary (RNC) for a mental health first aid training initiative. The money will be used to train emergency first responders across Newfoundland and Labrador to help people in a mental health crisis. Police Chief with the RNC, Bob Johnston, asserts it is “confusing for someone suffering from a mental illness to be approached by one group differently than another group providing the same care.” This will put everyone on the same page. Johnston confirmed that 2,700 emergency responders will be trained within a couple of years.

By Dena Walker

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- CBC News. “Mental Health Standard Tested in Twenty-Five Canadian Workplaces.” 2014. Retrieved from < <http://www.cbc.ca/news/business/mental-health-standard-tested-in-25-canadian-workplaces-1.2499561>>
- Schmidt, Colleen. “Mental health program puts people on path to recovery.” 2014. Retrieved from <<http://calgary.ctvnews.ca/mental-health-program-puts-people-on-path-to-recovery-1.1649865>>

A Mental Health Perspective Mission Statement:



The purpose of this newsletter is to bring faith, hope and courage to members of the local mental health community of Kings County, Nova Scotia, as well as others who are involved with a mental, emotional or psychological condition.

Donations to support this newsletter and other important programs and services can be made to CMHA, 11 Opportunity Lane Suite 3 Box 10 Coldbrook NS B4R 0A5 (Cheque or money order will be accepted).

Staff & Volunteers

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