



CMHA Psychological Health and Safety: Professional Certificate

CMHA Psychological Health and Safety Professional Certificate will help individuals who are working to improve psychological health and safety in workplaces and/or to implement Canada's [National Standard of Canada for Psychological Health and Safety in the Workplace \(the Standard\)](#).

This recognized certification course helps break down barriers and helps those who are supporting the implementation of the Standard to seize opportunities in their own workplaces.

Employers recognize this certification as providing the practical expertise to help improve psychological health and safety and/or implement the Standard in their workplaces.

Learning Objectives

After your training you should be able to:

- State and demonstrate your ability to adhere to the overarching principles of the Standard
- Align psychological health and safety with organizational goals and objectives
- Prepare employers to proceed with a psychological health and safety assessment
- Apply tools to assess and analyze psychological health and safety
- Develop implementation plans based on evaluation results
- Assess and evaluate implementation plans

The certification training has been developed to provide an experiential learning opportunity for participants so they can better support organizations of any size. Participants are provided with hands-on experience relating to the key questions, challenges and opportunities organizations have when striving to implement psychological health and safety in their workplaces.

The training uses a variety of tools and resources to develop competencies in the following areas:resources in order to be able to:

- Demonstrating to senior leaders and other key stakeholders the value and benefits of improved psychological health and safety in their workplaces and how implementation of the Standard can support this goal.
- Helping employers understand the scope and process of collecting qualitative and quantitative data in order to establish baseline measurements.
- Analyzing and assessing data to identify opportunities to reduce hazards and risks in the workplace.
- Recommending appropriate action plans that are in line with the organization's constraints, demands, and current realities.
- Supporting implementation of the action plans
- Establishing appropriate monitoring, reporting, and review processes with a goal of continual improvement

Duration: 4 half days Cost: \$1,250 per participant (Virtual)



Frequently Asked Questions

How is this training administered?

CMHA National is proud to offer our Psychological Health and Safety Professional Certificate virtually via Zoom

You will need access to a webcam and microphone and a good internet connection.

Who should take this training?

This training is intended for individuals who are tasked with addressing psychological health and safety in the workplace. For example, individuals who work in Human Resources, Occupational Health Safety, Health and Wellness, Health and Safety, Disability Management or external workplace consultants are encouraged to register.

Are there any pre-requisites for this training?

There are no pre-requisites for this training. However, it is important for participants to have good knowledge of the [National Standard for Canada on Psychological Health and Safety](#).

Is there any pre-work for the training?

Yes, there will be 4-6 hours of pre-work prior to the training. Participants will receive an email at least one month in advance with pre-course readings and a quiz.

How is the training structured over the four days?

Each participant will be assigned to a group that will create a case study presentation for each of three modules: Presenting the Business Case, Preparing for the Assessment Process and Making Recommendations.

In presenting their work, participants will demonstrate their ability to adhere to the Standard's principles as well as the specific objectives for each module.

Is there a final exam?

No, there is no final exam.

What if I am unable to attend all four days? In order to receive certification and to fully benefit from the training, all participants must complete the four consecutive days of training..

Contact CMHA National Workplace Mental Health at workplace@cmha.ca for more information.