



Canadian Mental
Health Association
Mental health for all

Association canadienne
pour la santé mentale
La santé mentale pour tous

CMHA Psychological Health and Safety: Professional Certificate

The CMHA Psychological Health and Safety (PH&S) Professional Certificate is designed for individuals who are working to improve psychological health and safety in workplaces through the establishment of a psychological health and safety management system in alignment with the National Standard.

This course helps to break down perceived barriers to organizational change, make the business case for psychological safety, and assess, identify, and respond to opportunities for psychological improvement within workplaces. You will receive a certificate of completion following the course.

Learning Objectives:

- 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.

Frequently Asked Questions

Will this training help me respond to mental health concerns in my workplace?

These sessions have been developed to support you through organizational and systematic change, and not on how to identify and manage mental health concerns or illnesses in the workplace. If you are looking for training focused on recognizing and responding to mental health concerns or illnesses, please contact the CMHA National Workplace Mental Health Team at workplace@cmha.ca.

Who should take this training?

This training is intended for individuals who are tasked with addressing psychological health and safety in their workplace – this may include Human Resources, Occupational Health and Safety Representatives, Health and Wellness Specialists or Teams, external Workplace Wellness Consultants, etc.



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How is this training delivered?

This session is currently only offered virtually, via the **Zoom** platform.

It is delivered over 4 half days, from 1:30 PM to 4:30 PM EST.

How is the training structured?

The training session will consist largely of instructor-led learning but will also contain small group activities and one major case study assignment that participants will be required to complete and present. In presenting their work, participants will demonstrate their ability to develop implementation plans that respond to identified opportunities and strengths in their case study organizations.

Are there any pre-requisites for this training?

There are no pre-requisites for this training, but it would be helpful to have foundational knowledge of the National Standard for Canada on Psychological Health and Safety (the Standard). You may find it helpful to register for our *Psychological Health and Safety: The Essentials* training first if you do not have this level of knowledge.

Is there any pre-work for this training?

Following registration, you will receive roughly 2-4 hours (depending on your baseline knowledge of PH&S) of pre-work readings that will ensure good knowledge of the National Standard.

Is there a final exam?

No, there is no final exam.

For any other questions, please contact the CMHA National Workplace Mental Health Team at workplace@cmha.ca.