International Foundation Canadian Resources on Mental Health

**Articles**
- “Mental Health and the Evolving Workplace”
  *Plans & Trusts, September/October 2018*
- “Post-Traumatic Stress Disorder—What Employers Need to Know”
  *Plans & Trusts, November/December 2017*
- “Benefit Trends: Bolstering Mental Health in the Workplace”
  *Plans & Trusts, January/February 2019*
- “Conversation With Lisa J. Belanger”
  *Plans & Trusts, January/February 2019*
- “What’s Working: Improving Mental Health”
  *Plans & Trusts, September/October 2018*
- “Mindfulness and Stress Management: Creating Cultures of Optimal Performance”
  *Plans & Trusts, September/October 2018*
- “Conversation With Joseph Ricciuti”
  *Plans & Trusts, May/June 2018*
- “Caregiving in the Workplace”
  *Plans & Trusts, November/December 2018*
- “Conversation With Pat M. Irwin”
  *Plans & Trusts, November/December 2017*

**Survey Report**
- Mental Health and Substance Abuse Benefits: 2018 Survey Results

**Wellness Toolkits**
- Mindfulness
- At-Work Cognitive Behavioral Therapy Program

**Blog Posts (Word on Benefits)**
- “5 Hygge Tips for Workplace Happiness”
  *February 6, 2019*
- “Employers Face Unknowns of Opioids in the Workplace”
  *February 5, 2019*
- “Happy and Healthy World Mental Health Day!”
  *October 10, 2018*
- “Top 10 Mental Health Conditions Employers Are Covering”
  *October 4, 2018*
- “Opioid Crisis and the Workforce: A Firsthand Perspective”
  *September 5, 2018*
- “4 Ways to Control Substance Abuse Treatment Costs”
  *June 18, 2018*
- “Three Ways to Get More Employees to Use Your EAP”
  *March 6, 2018*
- “When Opioid Addiction Shows Up at Work”
  *February 2, 2018*
- “Five Steps to Get Ahead of the Workplace Winter Blues”
  *January 26, 2018*

**Webcasts**
- Building Resilience: Practical Tools to Help Your Workplace Thrive (April 2019)
- Impact of Financial Wellness on Workplace Mental Health: Strategies for Tomorrow’s Workplace (November 2018)
- Creating Psychologically Safe and Healthy Workplaces in the United States and Canada (October 2018)
- The Impact of Online CBT: A New Way to Support Mental Health and Decrease Costs (June 2018)
- Rebrand Your EAP to Eliminate the Stigma and Increase Utilization (June 2018)
- Mindfulness and Stress Management: Creating Cultures of Optimal Performance (May 2018)
- Depression in the Workplace—The Hidden Cost to Your Organization’s Bottom Line and How You Can Help Turn It Around (April 2018)