



AccessHR

Professional HR
Consulting Services

The Elephant in the Room: The Role of HR in Workplace Mental Health Post-Event Information

Thank you for attending our inaugural AccessHR event! We're grateful to have been joined by our partners, Tara Adams of Abridge Consulting and Melinda Hatfield of Alpine Counselling. Please see their contact information and resources below.

We look forward to hosting future events on relevant HR topics. Please join us!

The AccessHR team

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Upcoming Virtual Events – Save the Date

January 18, 2022: Mental health for HR professionals. Details coming soon!

April 19, 2022: Workplace culture and mental health. Details coming soon!

AccessHR Services Incorporating Mental Health

At AccessHR we contemplate how to build mental health resources and focus into all aspects of our work and the work we do with clients. Specific programs and services include:

- Career transition services – access to professional mental health service for every participant
- Workplace Investigations – access to professional mental health services for Complainants and Respondents as required.
- Consideration for mental health support incorporated into policy and guideline documents
- Building Workplace Trust workshop – incorporates discussion on mental health
- Supporting Teams Through Change course – incorporates discussion on mental health
- Respectful Workplace course - incorporates discussion on mental health
- Conflict Management and Difficult Conversation course - incorporates discussion on mental health
- Rapid access to our roster of mental health professionals

Additionally, AccessHR can support you or your leaders with difficult conversations and provide direct referral to our roster of mental health professionals. This roster provides your employees with rapid access to professional mental health services. Our roster includes psychologists, trauma-informed clinical therapists, and an occupational therapist that specializes in workplace stress.

Articles by AccessHR

[Career Transition Services: Why Supporting Mental Health is Key.](#)

[Working Through It: A Leader's Guide to Building Mentally Healthy Workplaces](#)

[A Restorative Approach to Workplace Investigations](#)

[The New \(Not\) Normal – Supporting Mental Health Post-Pandemic](#)

[The Downside of Being Up – Toxic Positivity in the Workplace](#)

[3 Lesson for Leaders on Burnout and Boundaries](#)

Abridge Consulting



Bridging the gap to achieve workplace mental health.

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Upcoming Events with Abridge

- Thurs Nov 25, 7-8 pm MST: Wellness Webinar Series: Promoting a Healthy Community! Open to the public, free, online weekly event series, through the [Calgary Korean Women's Association](#): go to Upcoming Events, click the Eventbrite page per event to register in advance.
- Sat Nov 27, 10-3pm MST: Life After Suicide Loss. Open to the public, free, online event. [Click here to add to your calendar](#).
- Wed Dec 15, 930-3pm MST: [Community Now Magazine](#) Mental Health Event. Open to the public, Calgary, in person. I am speaking about Introducing Suicide Prevention in the Workplace. Join me for a day of inspiration and learning. Target Audience: Leaders in mental health, community and the workplace. [Buy tickets in advance](#). Early Bird Tickets \$25.00 until Nov. 1

Workplace Mental Health Resources from Abridge

[Mental Health Commission of Canada \(MHCC\) resource hub](#)
[MHCC Continuum Self Check Tool Online](#)
[MHCC Language Matters](#) - one-pager, one way that we can all decrease stigma.
[MHCC Toolkit Suicide Prevention in the Workplace including a 7 step conversation guide](#)
[Centre for Suicide Prevention](#) - education and resources.

Mental health awareness campaigns:

[Not Myself Today](#)

[National Depression Screening Day](#) - free online anonymous screening annually in October

[Buddy Up](#) - men's suicide prevention

[TogetherAll](#) - free online anonymous peer support for all Canadians.

Alpine Counselling



Melinda Hatfield
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The specialties of Melinda's practice include life transitions, grief/loss, mood issues, self-identity, parenting, relationship and career issues.

Through a combination of trauma-informed and evidence-based interventions, she will provide support, offer new skills and perspectives as you heal and navigate toward renewed confidence and resiliency. To learn more, please go to www.alpinecounselling.com.

Workplace Mental Health Resources from Alpine Counselling

[AHS "Help in Tough Times"](#)
[AHS Mental Health Help Line](#)
[Mental Health Coalition of Canada](#)
[Canadian Mental Health Association](#)
[Distress Centre](#)
[Calgary Counselling Centre](#)
[Canada Suicide Prevention Service](#)

Bibliotherapy

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>
<https://www.anxietycanada.com/>