



**Mood Disorders Society of Canada**  
La Société Pour **Les Troubles de L'Humeur** du Canada  
[www.mooddisorderscanada.ca](http://www.mooddisorderscanada.ca)

## **Mood Disorders Society of Canada Series To Improve Mental Health in the Workplace**

Guelph, November 16, 2010. The Mood Disorders Society of Canada (MDSC) understands that mental illness within the workplace is an area which needs to be addressed in this country. Mental illness causes more lost work days than any other chronic condition, costing the Canadian economy \$51 billion annually in lost productivity.

Mental illness in the workplace must be addressed by all levels of government, health care, employers, unions, as well as employees themselves. Without aggressive action by all stakeholders, increased health care and disability costs in Canada will impede growth and will continue to cost our fragile economy billions of dollars. Without direct interventions, drastically increased incidents of persons suffering from mental health issues will lead employers to reduce workforces in order to cover higher insurance and disability costs, while also struggling with lower productivity yields.

The MDSC stresses that employers have a legal duty to provide healthy work environments. The workplace is where most people spend one quarter of their adult years. Employers also have a moral duty to support the needs of their staff and management by working with human resource personnel, unions, mental health professionals and all stakeholders to promote mental wellness and safety in the workplace.

In an effort to assist employers and staff learn more about maintaining mental health in the workplace, the Mood Disorders Society of Canada is launching an initiative called **Workplace Wednesdays**. Each Wednesday, the MDSC will launch an educational series on mental health for the workplace and post it to our website and social media sites for Canadians to access and comment on. It is our hope that this informational series will provide needed information for stakeholders so they can take an informed look at their workplace and implement resources, policies and supports to improve the wellbeing of their staff and organizations.

To follow the series please visit:

[www.mooddisorderscanada.ca](http://www.mooddisorderscanada.ca)

[www.facebook.com/MoodDisordersSocietyCanada](https://www.facebook.com/MoodDisordersSocietyCanada)

[www.twitter.com/MoodDisordersCa](https://www.twitter.com/MoodDisordersCa)

### **About the Mood Disorders Society of Canada**

Collaboration is an MDSC operational principle. The Society fulfills its mandate through an active partnership approach that engages like-minded organizations in the public, private and voluntary sectors. The MDSC is engaged on an ongoing basis in a wide range of projects and initiatives designed to support the inclusion of persons with disabling mental illnesses in Canadian society. MDSC has taken a lead proactive role in public policy and program development in many capacities on the national stage.

### **For more information, contact:**

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