







# HEALTHY & WORK FREE WEBINAR SERIES

Tuesday, March 8th 12:00-1:00pm

### OPTIMIZING WORKPLACE PSYCHOLOGICAL HEALTH BY UNDERSTANDING RESOURCES NAVIGATION

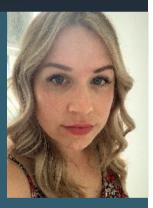
## CARRIE DAVIS, MSW, RSW Workplace Outreach Worker

Canadian Mental Health Association Windsor-Essex County Branch

Carrie Davis is a registered social worker with the Ontario College of Social Workers and Social Service Workers with a Master of Social Work from the University of Waterloo.

She has worked at the Canadian Mental Health Association Windsor-Essex County Branch for the past 14 years in various roles. Her current role is workplace outreach worker.

In that role, she provides mental health education, short-term therapeutic supports and resources navigation to workplaces throughout Windsor-Essex County.





There was a notable increase in mental health and addictions challenges as well as other outcomes including increased domestic violence throughout the pandemic.

For people faced with these circumstances, it can sometimes make it feel like support is hard to find. There are many resources that can help us manage these difficult circumstances and bring hope back into our lives, and into our workforces.

This webinar will provide information and resources throughout Windsor and Essex County to support our mental health and addiction challenges, and other emerging issues and how to navigate life's challenges more effectively.

#### Learning outcomes include:



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- Knowledge of local resources includes mental health, addiction and others in Windsor-Essex County
- How to access the resources and when the resources are available
- Information on Apps and websites where individuals can connect with supports
- After the seminar, you will have the information to be able to connect to support to meet your workplace needs



### Register by Noon on March 8th at

<u>www.eventbrite.ca/e/optimizing-work-psychological-health-by-understanding-resources-navigation-tickets-261098321107</u>