



September 10, 2020

Start your strategy for employee mental health: Free video

According to a Sun Life survey, 60 percent of Canadians say the pandemic is affecting their mental health.¹

This makes supporting employee mental health more important than ever. If you don't have a mental health strategy, now's the time to start developing one.

Mental health claims represent the largest proportion of claims, and are growing the fastest

Supporting employee mental health requires a strategic approach. Tactical efforts often fall short or don't have lasting effects. Creating a strategy doesn't have to be daunting. You can start small, and build as you go.

Our "Workplace Mental Health Fundamentals" video makes it easy to start your strategy

This new video's a great place to start. It shows you the fundamentals that underpin an effective and lasting strategy to support workplace mental health.

Already have a strategy?

You'll get resources and learn about trends to keep you ahead of the curve.

What's covered?

"Workplace Mental Health Fundamentals" introduces the basics of a supportive workplace mental health strategy. It includes stats on the impact of mental health challenges before, during, and possibly after COVID-19. There are also tips, links and resources for further help.

Get information about:

- Mental health claims
- Future trends
- Suggestions for leadership

[Watch "Workplace Mental Health Fundamentals" here.](#)

Questions? We're here to help.

Please contact your Sun Life Group Benefits representative.

¹ The survey is based on an Ipsos poll conducted between April 29 and May 1, 2020.