



October 2019

## Mental health is important to function well at work and outside of work too.

[Working Through It](#), created by Workplace Strategies for Mental Health, is an online resource that can help.

It includes a series of videos designed to speak directly to people struggling with mental health issues. Real people share their experiences of working through times of mental health pressures at work, off work and returning to work, and send these important messages:

1. You are not alone!
2. There are things you can do to reclaim your well-being.
3. There is hope for a better tomorrow.

In addition, valuable resources are free to download and print.

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Superior Mental Wellness @ Work offers an inventory of resources and services to support mental wellness in the workplace.

Click on the links below to find comprehensive lists of helpful resources:

[Employers](#)

[Employees](#)

Mental health crisis? Options for getting help:

Call 911 OR Go to the nearest emergency room

Call Crisis Response: Thunder Bay 807-346-8282 | District of Thunder