



**TBDHU Workplace Wellness Update for Thunder Bay and District**  
**February 8, 2024**



## Walk More in 2024 With the Winter Walking Challenge

Walking is a free and natural mood booster! Taking a walk can help reduce stress and anxiety and increase your overall energy.

Walk more in 2024 by signing up for for [TBayOnTheMove's Winter Walking Challenge](#)! Every day you participate and log a walk during the month of February, you increase your chances of winning prizes, including a Fitbit Versa 4 Smartwatch or 1 of 3 Yeti Ramblers! You can also check out the leaderboard for some friendly competition between family, friends, and/or coworkers!

Registration is now open and challenge runs February 1-29. Join us in walking more in 2024!

[Sign Up for the Winter Walking Challenge](#)

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## New Mental Health Bulletin Board Kits

The [Superior Mental Wellness @ Work](#) project offers bulletin board kits to workplaces on a variety of mental health topics. Two new kits have been added to the collection:

- Stand Up to Stigma
- Is Substance Use Affecting Your Life?

There are now a total of seven bulletin board kit designs to choose from. Kits come with pieces ready to be cut out and posted. Resource cards are also provided with holders that easily attach to a bulletin board. What's even better? They are FREE!

To view the designs, visit: [SuperiorMentalWellnessAtWork.com](#).

To place an order for bulletin board kits, email [workplacewellness@tbdhu.com](mailto:workplacewellness@tbdhu.com).

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## Upcoming Mental Health First Aid Course

Sign up for an informative and engaging 1-day Mental Health First Aid Standard Training course on April 9, 2024! This in-person training will equip you with the skills and knowledge to help someone experiencing a mental health problem or crisis. The sooner the problem is identified and appropriate help is provided, the sooner and more likely it is a person will recover. The expert trainer will guide you through various scenarios and teach you how to recognize the signs of mental health issues and crises and how to provide appropriate help. You'll learn how to offer support, listen without judgment, and connect individuals to appropriate professional help. Don't miss this opportunity to make a positive impact on your coworkers, friends, family members, clients/customers, or community members!

For course details and to register, visit: [Mental Health First Aid Standard Training](#).

## The Straight Up Facts: Alcohol Can Cause Cancer

Many people don't know about the link between drinking alcohol and the risk of developing cancer. While you might generally agree that drinking less is better for your health, the risk is taken in stride in order to enjoy a pint after work. However, here is a sobering fact: alcohol is a Group 1 carcinogen, like tobacco and asbestos. Recent findings from Canada's new Guidance on Alcohol and Health revealed that there really is no "safe" amount of drinking (contrary to previous thinking). Drinking as little as three standard drinks a week increases the risk of chronic diseases - including at least seven types of cancer.

We are already familiar with cancer prevention strategies such as not smoking, eating a healthy diet and reducing sun exposure. Now we can add drinking less alcohol to the list. The Thunder Bay District and Northwestern Health Units have developed straightforward information and resources on alcohol and cancer risk to help people make informed choices about drinking. Click here to get the [Straight Up Facts!](#)



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## Drug Toxicity in Construction and Mining Sectors

**Do you work in construction or mining?** NorWest Community Health Centres and Centre de santé communautaire du Témiskaming, along with community healthcare providers in northern Ontario, are trying to understand the impact of drug toxicity on the construction and mining sectors.

- Share your opinion by taking a 100% anonymous survey. It will take less than 10 minutes. Your participation will help researchers understand issues facing people within the construction and mining sectors and identify resources needed to support mental health and prevent substance use in the workplace. The survey can be taken in [English](#) or in [French](#). Leaders are encouraged to share the survey information with employees.
- Leaders in the construction and mining sectors are invited to a virtual industry roundtable discussion on Mental Health and Substance Use in the Construction and Mining Sectors in Northern Ontario. The event will take place on Wednesday, February 21 from noon to 4:00 pm. Leaders, business managers, site supervisors, Health and Safety reps, trainers, owner-operators, and/or executive teams are invited to attend. [Online registration](#) is available.

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## TBDHU Enforcing Suspensions Under the Immunization of School Pupils Act

The [Immunization of School Pupils Act \(ISPA\)](#) requires that students aged 4-18 years old be vaccinated against 9 diseases. Immunization helps protect the school community from many diseases that spread easily in schools. High levels of vaccine coverage also help protect people who cannot be immunized. To learn more about the ISPA, visit [Immunizations for School-Aged Children and Youth](#).

This year, TBDHU is returning to its usual process of enforcing suspensions for students in grades 2-5 and high school. People working in schools—as well as parents and other caregivers—may have questions or concerns about this process. The TBDHU immunization team can help: just call 807-625-5900 in Thunder Bay or your [local branch office](#).

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*If you're looking for support to build a healthy workplace program, TBDHU can help!  
Our team of workplace wellness experts supports organizations with developing a  
Comprehensive Workplace Health Program based on each workplace's unique needs. All services are free!  
For more information, visit [TBDHU.com/workplaces](https://www.tbdhu.com/workplaces), call 807-625-5900 or email [workplacewellness@tbdhu.com](mailto:workplacewellness@tbdhu.com).*