

MENTAL HEALTH STIGMA IN THE WORKPLACE

In a nation-wide study, *Mental Health Research Canada* asked Canadians about their psychological health and safety in the workplace.

The following are the **TOP WORKPLACE SECTORS** reporting the most stigma in terms of disclosure of mental health challenges at work.

1

Accommodations

38% feel they are not supported when psychologically distressed at work.



2

Police

58% feel uncomfortable talking with supervisors about their mental health challenges.



3

Emergency Medical Technician (EMT)*

43% feel a lack of support from employers when experiencing psychological distress.



4

Real Estate, Rentals and Leasing

59% feel uncomfortable talking to coworkers about their mental health challenges.



5

Warehousing

58% feel their organization doesn't address behavior that harms the mental health of employees.



These sectors also ranked high for mental health stigma at work.

6

Wholesale trade



7

*Fire



8

Transportation



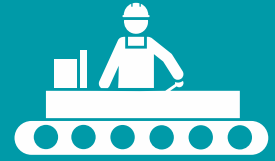
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Health and patient care



10

Manufacturing



These sectors report the least mental health stigma.

1 Management of companies and enterprises



2 Construction



3 Finance, legal and insurance



4 Professional, scientific and technical services



5 Public administration



Mental illness accounts for **70%** of total workplace disability cost in Canada.

Removing stigma is the **#1 priority** for those diagnosed with a mental illness.

"These results highlight the importance of implementing available workplace anti-stigma programs to help supervisors create stigma free zones and provide appropriate supports for employees having mental health challenges."

- Heather Stuart, PhD, Queen's University, Professor and Bell Canada Mental Health and Anti-stigma Research Chair