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Working Through It

Stories of **reclaiming well-being** at work,
off work and returning to work

“Working Through It” is an innovative resource designed for those who may be struggling with life and work issues – feeling frustrated, hopeless, anxious or overwhelmed. The Canadian Mental Health Association, through its Mental Health Works program, and the Mood Disorders Association of Ontario developed it to provide practical insights and suggestions to help individuals feel better and to cope more effectively, whether they are at work, off work or in the process of returning to work.

When we undertook this joint venture project, we were determined to find a way to resonate with those who may be struggling, engage them and present useful information in a straightforward, digestible format. What we came up with was a blend of video clips of individuals sharing their experiences and insights, clips of professionals offering suggestions, and on-line content to supplement the questions being asked and answered.

Viewers will meet 10 individuals who reflect on their own journeys, what worked and what could have worked. They address questions like:

- What is happening? Why is it such a struggle?
- What can I do at work to feel better? Who can help me at work? What should I say? If I continue to struggle should I stay at work?
- How can I manage financially? How can I begin to feel better?
- What happens when I go back to work? How do I stay well?
- What if things go really wrong? What if I lose my job?

They will also meet medical and human resources professionals, talking about ways to navigate workplace, health care and insurance issues.

Individuals can peruse the content at their own pace and according to their own priorities. They may choose to focus on modules of particular interest or view it end-to-end. They can determine the degree to which they drill down on supplementary resources.

Kudos to Great West Life for its generous financial support for this resource, enabling us to bring it to life. Working Through It can be accessed, for free, on the Great West Life Centre for Mental Health website at www.gwlcenreformentalhealth.com/wti. DVD/CD kits are also available through our two organizations - the Canadian Mental Health Association and the Mood Disorders Association of Ontario.

We are excited about the many opportunities for people to benefit from using this resource. Apart from the primary audience for which it is intended, Working Through It can benefit:

- Human resource personnel, managers, union representatives, supervisors, occupational health professionals and trainers – for educational purposes and to offer to someone seeking help
- Treating physicians, psychologists, or therapists to help patients explore approaches to workplace or disability issues
- Families and friends wanting to gain a better understanding in order to provide support and help

Most importantly, Working Through It will be of significant value for people who are struggling with stress, depression or anxiety. It will be an important tool to assist them in reclaiming their well-being.