

# Margaret Tebbutt

Manager, Mental Health Works  
Canadian Mental Health Association –  
B.C.



BC Mental Health &  
Addiction Services

An agency of the Provincial Health Services Authority



SIMON FRASER UNIVERSITY  
CENTRE FOR APPLIED RESEARCH IN  
MENTAL HEALTH AND ADDICTION  
FACULTY OF HEALTH SCIENCES



CIHR IRSC  
Canadian Institutes of  
Health Research Institut de recherche  
en santé du Canada

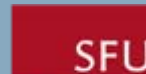
# Role(s)

- Trainer for workplaces regarding mental health issues
- Employee who has experienced mental illness affecting occupational functioning
- Manager and co-worker of employees with mental illnesses



# Challenges/Barriers within Role(s)

- Lack of understanding of what is happening – to self, to employee
- Feeling caught between others' interests and priorities
- False beliefs
- Fear
- Financial worries and constraints – e.g. affecting access to treatment, eligibility for LTD and return to work



# Needs from other Stakeholders

- Listen to me with respect
- Understand that the illness may be affecting my abilities to understand, make good decisions, and represent my own best interests – temporarily
- Believe that I will recover and be able to return to work - with help and time
- Work together in the interest of the person



# Key Research Questions

- Inclusion and validation of the views and experiences of persons with experience of mental illness in the research itself, including
  - those off work (on sick leave, LTD),
  - those at work,
  - those who have returned to work

