

# Psychologically Healthy Workplace Collaborative

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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

# ABOUT PHWC

- **Mission:** to enhance and ensure the health, productivity and sustainability of Canadian workers and workplaces
- **Members:** psychologists, business leaders, academics and informed professionals volunteering their time and expertise
- **Affiliated with:** British Columbia Psychological Association- [www.psychologists.bc.ca](http://www.psychologists.bc.ca)



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# ABOUT PHWA

- Founded by the American Psychological Association-
  - Brought to Canada in 2004- BC first province to offer the award
  - Next award date- June 2007 Vancouver, B.C.
- Purpose- to recognize organizations that make a commitment to the workplace well-being and creating a psychologically healthy work environments.
  - Employee involvement
  - Employee recognition
  - Work-family-life balance
  - Employee growth and development
  - Health and safety



# What Is A Psychologically Healthy Workplace?

- A psychologically healthy workplace has a culture that supports everyone to work together guided by values of respect, growth and integrity.
- It requires strong accountability across the organization to intentionally engage in positive working relationships based on open communication and proven practices and policies that promote both productivity and well-being.



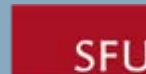
# Criteria For A Psychologically Healthy Workplace

- ❖ Employee Involvement
- ❖ Work-Family-life Balance
- ❖ Employee Recognition
- ❖ Employee Growth and Development
- ❖ Health and Safety



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