



Industry and Mental Health and Wellness.

"Over 1 million Canadians surveyed in 2002 said they experienced depression in the previous year. 70% of them were employed." (mymh.ca)

"By 2020, depression will be the second leading cause of disability, after heart disease." (mymh.ca)

"For every employee with a mental health problem (anxiety, depression, stress, etc) that gets treatment the employer saves \$5000-\$10,000 in average wage replacement, sick leave and prescription drug costs."

(mymh.ca)

We'd like to think that personal problems stay at home and work is for work, not personal problems. The reality is, this is most often not the case.

People have their own personal beliefs, thoughts, actions, behaviours. They cannot shut these off or change them when at work because these thoughts/beliefs are often subconscious so a person is not even aware of them.

So, how can the work place help staff learn to manage these things better and gain a better understanding so personal, thoughts, problems, issues, trauma etc. do not have as much of an negative impact in the work place?

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Office hours are 9-6 and some evenings
Monday to Friday.

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Registered Clinical Counsellor

Samantha Corbett B.Ed, M.A (student)

counsellor

TROBAK HOLISTIC COUNSELLING provides the following services:

- staff workshops on various topics including (but not limited to) suicide, suicide prevention, anxiety, anger, depression, addictions, lateral violence, colleague conflict, grief and loss, etc
- training for staff to identify employees experiencing domestic violence/suicidal ideation/other trauma
- assistance with safety planning
- risk assessment and management
- suicide assessment and prevention planning
- create health and wellness plan for companies
- employee evaluations
- program/department evaluations
- S.A.E. assessments
- crisis consultation/counselling
- consultation regarding hiring and staffing
- management workshops and training