

Mental Health – Lets Talk About It



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Whether you have been isolated in a remote workspace or exhausted on the front-line, the Covid-19 pandemic has brought significant stress into the Canadian workforce. A shocking 50% of Canadians have admitted higher anxiety and depression due to Covid-19. According to CAHM “the economic burden of mental illness in Canada is estimated to be approximately \$51 billion each year, with \$6.3 billion resulting from lost productivity. By 2041, it is estimated that the cumulative cost of poor mental health to the Canadian economy will exceed \$2.5 trillion.” The increase of anxiety and depression has been directly linked to lower productivity and higher absenteeism in the workplace throughout various industries. This trend is on a downfall and supporting the mental health of employees has required a big step up from Canadian businesses in 2022.