



Creating Comfortable Mental Health Conversations at Work

The topic of mental health and illness has become more mainstream. But people are still uncomfortable talking about it; especially when it comes to approaching colleagues and staff they're concerned about.

In this frank and funny presentation, Victoria shares her own experiences of employment before, during and after bipolar disorder, anxiety and psychosis. Combining her 30 years of acting skills with her expertise as a mental health worker, she offers tangible tools, along with vignettes from her highly acclaimed keynote 'Funny, You Don't Look Crazy'.

The information, interactive questions and strategies help people have more confident conversations with individuals who may be struggling with mental health issues at work. The tips illustrate how to create safety in relationships and speak up early, so dialogue about mental health can be productive and positive.

Audience members walk away enlightened, entertained and able to take action. They leave with an expanded vision not of what's improbable, but instead of what is possible.

“Exceptional and irreverently funny. Her expertise translates into good business sense. This is an important element in the wellness initiatives our company takes pride in offering our employees.”

- Shane Ramsay, CEO, BC Housing

(60 – 90 mins plus optional Q & A; Eligible for 1.0 – 1.5 CEUs; customized content available)

[Watch Victoria in Action!](#)

Take-Aways:

- Stronger understanding of mental health, mental illness & early warning signs at work
- Do's & Don'ts of mental health conversations at work
- A framework to effectively & comfortably speak with individuals at work who may be dealing with a mental health issue
- Increased confidence discussing mental illness with individuals in the workplace
- Reduced stigma and increased empathy

Ideal for events with themes of mental health and wellness, workplace wellness; corporate events.

Ideal audience: workplace leaders, employees, managers and HR professionals; union leaders and stewards; healthcare professionals; individuals with mental illness, family and friends; general public.