



Helpful Resources

Learn how perceptions, conversations and lived experiences around mental illness can be shaped by our background in the upcoming microsite - [Mental illness: The cultural connection](#) launching on Monday, October 4.

Check out our [LifeWorks Learning programs](#) developed specifically to support your people during the COVID-19 pandemic.

Realizing Sociocultural Influences on Mental Illness

Due in part to cultural and societal influences on mental health, the stigma of mental illness persists, creating misunderstandings and barriers to treatment. This month, we explore how these influences can affect someone struggling with a mental health issue and provide guidance on how you can help.



Culture of Silence: Overcoming the cultural barriers of mental illness

Every culture deals with mental health concerns in different ways. Find out how to deal with unhelpful cultural influences and achieve improved mental wellbeing for you or your loved one.

[Read More](#)

Helping Your Loved One Lift the Stigma of Mental Illness

No one should have to cope with mental illness alone. A supportive network of family, friends, professionals, and community agencies is vital. Let us help you get started.

[Read More](#)



People Leader's Corner



Investing in Your Team's Mental Health

According to the World Health Organization, mental health conditions are on the rise worldwide. You can do your part and foster positive mental health habits among your team members.

[Read More](#)

Recommended for You

Video

The Mind-Body Connection

[Click here](#)



[Heartbeat Newsletter Homepage](#)



895 Don Mills Road, Tower One, Suite 700
Toronto, ON M3C 1W3

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