

## BACKGROUND

*Your Health Space* is a vital program aimed at supporting the mental health and well-being of healthcare workers in Ontario, in response to the unique work-related challenges and needs of this workforce.

Since May 2022, the Canadian Mental Health Association (CMHA) Ontario, with funding from the Ministry of Health, has been able to provide a healthcare-specific resource to organizations to address the mental health needs of those on the front lines.

## METHODS & OUTCOMES

Through customized organizational training plans as well as open-enrollment training opportunities, the dedicated team of *Your Health Space* Trainers deliver informative, interactive workshops, webinars, and micro-learning to health care workers across the province.

Since May 2022, *Your Health Space* has reported . . .



When asked what they enjoyed most about the training, participants say things like . . .



From April 2023 to March 2024, on a Likert scale ranging from 1 to 5 (Strongly disagree to Strongly agree), program satisfaction scores for content and delivery averaged greater than 4/5.

## PURPOSE

*Your Health Space* is focused on meeting organizations where they are in their journey toward workplace mental health.

By cultivating space for open conversations about workplace mental health, *Your Health Space*'s workplace psychoeducation helps increase awareness, foster discussion, break down barriers, and decrease stigma.

During the development of Health Canada's 2024 ***Nursing Retention Toolkit***, two RNs from *Your Health Space* were invited to provide insight on the importance of psychological health and safety in the retention of nurses in the healthcare workforce.

In the toolkit's ***Strong Management and Communication*** section, *Your Health Space* is a recommended resource for supporting nursing leaders and for nurse engagement and listening.

After participating in Wellness Moments, a form of micro-learning provided to nurses and other health care staff in team huddles, 72.7% of respondents reported a positive change in affect, and 99.2% felt the micro-learning was a good use of their time.



## NEXT STEPS

Through relevant, evidence-based curriculum and a commitment to continuous improvement, *Your Health Space* is working to ensure that nurses across the province have access to a supportive space to discuss and address workplace mental health.