



Media Release

THE CORPORATION OF THE CITY OF VERNON
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FOR IMMEDIATE RELEASE

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City partners with CMHA for employee mental health and wellness programs

The City of Vernon is partnering with the Canadian Mental Health Association (CMHA) in order to highlight the importance of mental health and wellness for employees of the organization. Over the next number of months, the City will be providing a number of interactive sessions for employees that explore topics such as anxiety, stress and burnout, grief and depression.

“The City of Vernon's partnership with CMHA is all about our employees,” said Raeleen Manjak, Director of Human Resources. “It is about ensuring that they have the tools, tactics and resources to truly thrive.”

The City has been strengthening its occupational health and safety commitments in the last number of years. This includes receiving the Certificate of Recognition (COR) from the BC Municipal Safety Association (BCMSA) and WorkSafe BC (WSBC) five years in a row. Incentive money from the COR program has been used by the City to promote the continuous improvement of worker health and safety—including mental health and wellness—to ensure that all employees return home healthy and safe every day.

“One of the most important places to talk about mental health is the workplace,” said Julia Payson, Executive Director of CMHA Vernon. “CMHA Vernon is thrilled to be partnering with the City of Vernon to build a mentally healthier workplace. Prevention and early intervention can save employers thousands of dollars per employee, so this type of innovative program makes sense for everyone involved. CMHA Vernon is committed to mental health for all, and are proud to be delivering relevant and engaging workshops to our community.”

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Photo: City of Vernon staff learn about the benefits of meditation at a recent employee health and wellness fair.