

**Ministry of Labour, Immigration,
Training and Skills Development**

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Mental Health Awareness Week

May 1, 2023

Today marks the beginning of Mental Health Awareness Week. I would like to take this opportunity to emphasize the importance of taking care of our mental health. This is a time for us to come together, speak openly about the mental health challenges we may be facing and continue to support each other.

Mental health challenges affect many of us, and as we reflect on the importance of taking care of ourselves, it is imperative that mental health in the workplace is not overlooked. This is an issue that demands the attention of everyone: employers, workers, unions and government.

The ministry has heard loud and clear that work-related mental health is a serious issue in Ontario's workplaces. That is why the province's 2021-26 occupational health and safety strategy – called [Prevention Works](#) – includes work-related mental health and workplace violence and harassment as an area of system focus over the next five years.

The ministry continues to work with our occupational health and safety system partners and other stakeholders, including other ministries, to raise awareness of the importance of work-related mental health and strive for workplaces that are free from violence and harassment. The system and its partners will continue to develop evidence-informed programs, resources and tools that support healthy and safe workplaces.

I encourage employers to access the tools and resources available from system partners that support workplaces in preventing [work-related psychological injuries](#) and [workplace violence and harassment](#).

Thank you for your ongoing commitment to keeping Ontario's workplaces healthy and safe.

Sincerely,

A handwritten signature in black ink, reading "Joel R K Moody". The signature is written in a cursive, flowing style.

Dr. Joel Moody
Chief Prevention Officer/Assistant Deputy Minister
Ministry of Labour, Immigration, Training and Skills Development