

Identification and Treatment of Psychological Diseases in the Workplace

A man in a light blue business shirt and a striped tie is sitting on a black suitcase on a light-colored tiled floor. He is leaning against a large window, looking down with his hand on his forehead, suggesting stress or distress. The window shows a cityscape with many buildings. The overall scene is brightly lit by natural light from the window.



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National Standard of Canada

Psychological health and safety in the workplace — Prevention, promotion, and guidance to staged implementation

Disponible en français
*Santé et sécurité psychologiques
en milieu de travail —
Prévention, promotion et lignes
directrices pour une mise en
œuvre par étapes*



Commissioned by the
Mental Health Commission of Canada





**By 2020
stress-related
illnesses will be
leading causes
of global
disease
problem**



12.1% of GP encounters were mental health-related

- **Most commonly managed problem - Depression (34%)**
- **Prescribe, supply, recommend medication (64.7/100)**





- **Cost \$20b per year**



- **Mentally healthy workplaces vital**

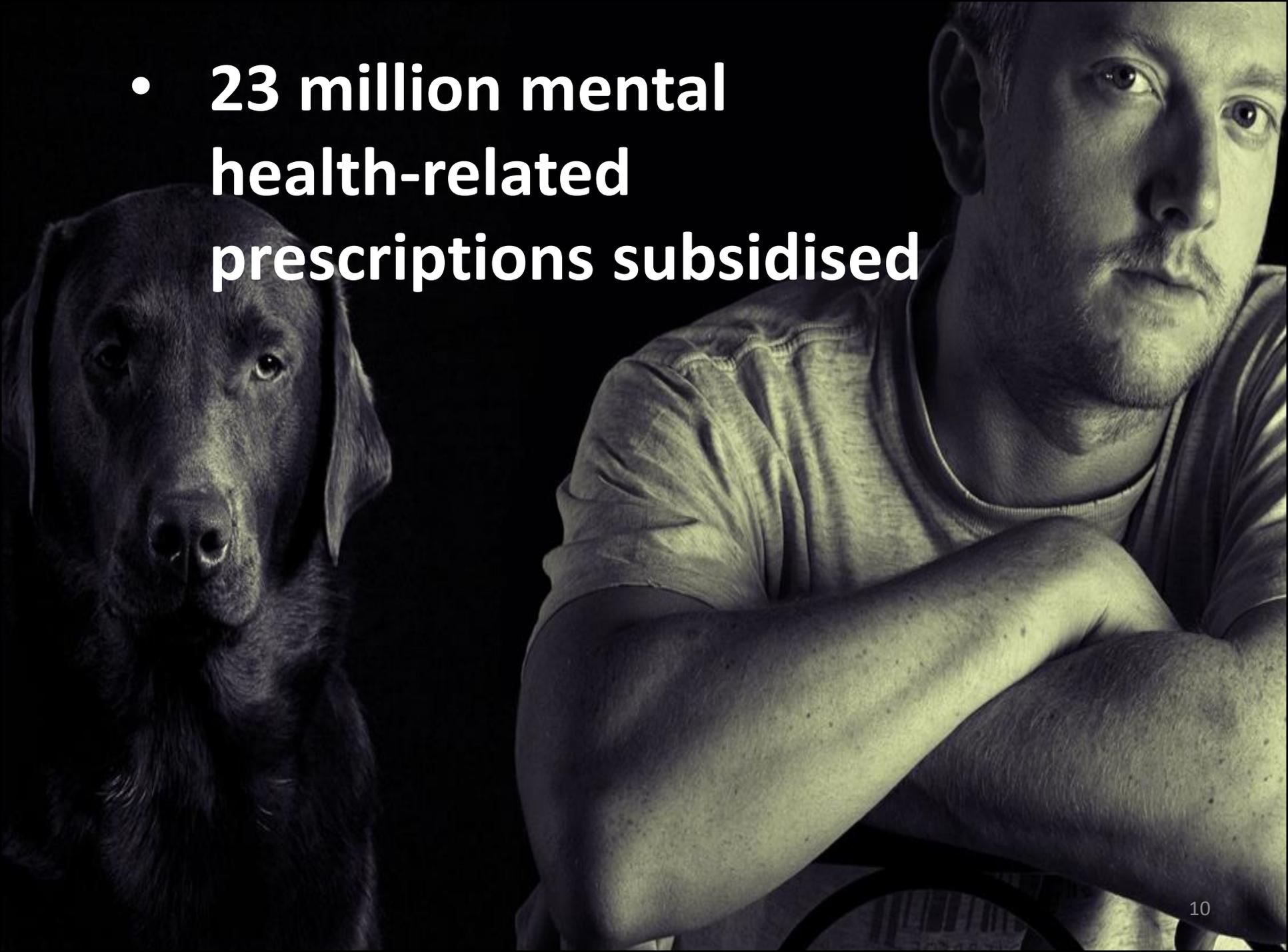
Mental stress claims overload workers' compensation systems



- **7.9 million subsidised services provided by health professionals (2011/12)**



- **23 million mental health-related prescriptions subsidised**





- **7.3 million Australians between 16-85**
- **One in 5 in that age range experience symptoms of mental disorder each year**

fitness vitality awareness ENERGY
HEALTH
therapy prevention wellness care
medicine