



Psychological and Social Support Worksheet

Facilitator Notes: Use this worksheet to encourage a discussion about **Psychological and Social Support**. It is one of thirteen factors that have been shown to impact mental health of individuals in the workplace. Be sure to encourage discussion by being open to all answers and opinions from participants. Examples of possible discussion groups are: employees at a team meeting or lunch and learn, staff or management orientation, and union-member discussions.

Suggested materials: laptop, speakers, projector and screen, flip charts and markers, whiteboard or chalkboard.

Suggested Process:

Watch the video once at www.haveTHATtalk.ca

Read definition of **Psychological and Social Support**:

[On the Agenda](#) defines **Psychological and Social Support** as present in a work environment in which coworkers and supervisors are supportive of employees' psychological and mental health concerns and respond appropriately as needed.

Ask participants:

1. Think of a time at work when you did not feel psychologically supported. How did that make you feel?
2. What does a Psychologically and Socially Supportive work environment look like to you?

Watch the video again.

Ask participants:

3. What could have been done differently in the scenario with Eileen and Marco?
4. What are some strategies to help YOUR workplace to be more **Psychologically and Socially Supportive**?
5. Write down different ways that YOU can promote **Psychological and Social Support** in your workplace.

