A psychologically healthy and safe workplace is one that promotes workers’ psychological well-being and actively works to prevent harm to worker psychological health including in negligent, reckless or intentional ways.*

Building on a similar survey in 2009, the 2012 national Ipsos Reid survey continues to track Canadian experiences of psychological health and safety in the workplace.

* Mental Health Commission of Canada

All survey results are available on the Great-West Life Centre for Mental Health in the Workplace website at www.workplacestrategiesformentalhealth.com

Workplace psychological health and safety still a significant concern, but some employers are showing improvement, Ipsos Reid finds.

More people feel **physically safe** in the workplace than **psychologically safe** in the workplace.

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**Ipsos Reid poll conducted between July 18th to 24th, 2012, on behalf of the Great-West Life Centre for Mental Health in the Workplace. A total of 6,624 surveys were completed online, including 4,307 among non-management employees and 2,317 surveys among managers and supervisors.**

Guarding Minds @ Work is a free, online resource developed to help small to large employers assess the psychological health and safety of their own workplace and includes a framework for action planning and evaluation. It is available through the Centre at www.workplacestrategiesformentalhealth.com.