



## TEAMSTERS LOCAL UNION No. 31

AFFILIATED WITH TEAMSTERS CANADA AND THE INTERNATIONAL BROTHERHOOD OF TEAMSTERS  
#1 GROSVENOR SQUARE, DELTA, BC V3M 5S1

# Mental Health More Important Than Ever

By: Teamsters Canada – May 5<sup>th</sup>, 2020

[www.teamsters31.ca](http://www.teamsters31.ca)

The statistics don't lie. According to the Mental Health Commission of Canada, the annual cost of mental illness nationally is \$51 billion, with one in five Canadians experiencing a mental health issue in their lives.

About 30% of disability claims are related to mental health problems and illnesses. In 2011, mental health issues cost employers more than \$6 billion in lost productivity from absenteeism, presenteeism and turnover.



Despite the scope of the problem, intense stigma surrounding mental health problems and illnesses persists. That's why the position of the Teamsters is that everyone benefits when we speak up about these problems, and when we build up healthier, more inclusive workplaces.

With the COVID-19 pandemic, mental health must be, more than ever, at the centre of the concerns of unions, businesses and governments.

Resources must be put in place to help all workers and citizens cope with mental illness.

**Head Office:**  
#1 Grosvenor Square  
Delta, BC V3M 5S1  
Ph 604-540-6009  
Fax 604-540-6073

**Abbotsford**  
101D – 33140 Mill Lake Rd.  
Abbotsford BC V2S 2A5  
Ph 604-504-4520  
Fax 604-504-4472

**Nanaimo**  
#3 - 2480 Kenworth Road  
Nanaimo, BC V9T 3Y3  
Ph 250-758-1857  
Fax 250-758-4365

**Prince George**  
102 - 3645 18<sup>th</sup> Avenue  
Prince George, BC V2N 1A8  
Ph 250-563-5346  
Fax 250-563-2379

**Whitehorse**  
407 Black Street  
Whitehorse, YT Y1A 2N2  
Ph 867-667-2473  
Fax 867-667-7112



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## List of Useful Resources:

Mandatory: A Mental Health Initiative: <http://teamsterscanada.org/en/mentalhealth/>

CLC Mental Health Resource Centre:  
<https://canadianlabour.ca/uncategorized/mental-health-resources/>

Canadian Mental Health Association  
<https://mentalhealthweek.ca/toolkit/>

Canadian Centre for Occupational Health and Safety: Free mental health e-courses  
<https://www.ccohs.ca/topics/wellness/mentalhealth/>

National Standard of Canada for Psychological Health and Safety in the Workplace  
<https://www.mentalhealthcommission.ca/English/what-we-do/workplace/national-standard>

Kids help phone  
<https://kidshelpphone.ca/>

Distress Centres  
<https://thelifelinecanada.ca/help/crisis-centres/canadian-crisis-centres/>

## Please contact your Teamsters Business Representative to discuss mental health:

<b>Mike Hennessy</b> 604-527-2706	<b>Grant Coleman</b> 604-527-2712	<b>Karlene Bateman</b> 604-527-2708	<b>Paul Simms</b> 604-527-2708	<b>Tom Brown</b> 250-758-1857
<b>Caley Fieldhouse</b> 604-527-2711	<b>Larry Sargeant</b> 604-527-2718	<b>Mark Bethel</b> 604-227-6719	<b>Lance Matricardi</b> 604-504-4520	<b>Anthony Kirk</b> 250-563-5346

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