

CIF's Resource Roundup: *Mental Health in the Nonprofit Workplace.*

(July 2016)



7 Self-care Tips for Nonprofit Professionals; Nonprofit with Balls

Many nonprofit professionals have troubles with self-care, which can lead to burnout. Burnout is not good for us, our clients, our families, our organizations, or the field. In this entertaining blog post, find 7 tips to help nonprofit professionals take better care of themselves.



10 Tricks to Avoid Nonprofit Burnout; Third Sector Today

When nonprofit colleagues were asked for their candid suggestions on how to avoid burnout, they got right to the core. Learn how to get through the demands and unexpected challenges of nonprofit work by following these 10 tricks to avoid burnout.



Mental Health in the Nonprofit Workplace; Charity Village

This recorded webinar, presented by the Canadian Mental Health Association of BC, presents both free and low-cost resources that are available to assist organizations looking to make change in their workplace by promoting strong mental health for their staff.



WORKPLACE MENTAL HEALTH
PROMOTION:
A HOW-TO GUIDE



Workplace Mental Health Promotion: A How-to Guide; The Health Communication Unit & CMHA

The purpose of this resource is to provide workplace intermediaries with a high-quality, research-based, practical tool to improve the health of individuals and organizations. The focus of this resource is on creating mentally healthy workplaces that promote positive mental health and mental wellbeing for all employees.



Mental Health Works; Canadian Mental Health Association

Mental Health Works provides capacity building workshops on workplace mental health to both employers and employees. They meet the workplace needs of mental health training through their person centered, evidence based, and solutions focused approach.