

# Join the Movement: Let's Support Mental Wellness Together at KHSC

By Orlana Bourgoïn, Workplace Mental Wellness Practitioner



Hey KHSC Team,

It's been a while... As we celebrate World Mental Health Day, let's take this opportunity to reflect on how we can create a work environment where we're truly supporting one another, promoting mental wellness and building a culture of care.

#WorldMentalHealthDay

## Why Mental Health at Work Matters

We all know how demanding healthcare can be. At the end of the day, we're all human. We all have tough days, moments when we're overwhelmed, or times when we need a little extra support. That's why it's so important to support mental health at work. When we feel safe, supported, and heard, we can thrive in both our professional and personal lives. On the flip side, stress, burnout, or even the stigma around mental health can take a toll on us.

The good news? Small acts of kindness go a long way. Whether it's offering a kind word, checking in on someone, or just taking the time to listen, these little things help build a positive, mentally healthy workplace.

## Let's Get Back to Basics: Kindness and Support

Supporting mental health isn't just about big initiatives (although those are important!)—it's also about the small, everyday actions that help us feel valued and supported. Simple things like kindness, respect, and open communication can make a huge difference. It's about getting back to basics: being kind, showing compassion, and checking in on each other.

Psychological safety means feeling comfortable being ourselves, speaking up, sharing ideas, and even making mistakes—and learning from them—without fear. This is something we create together, by being kind and looking out for each other. When we stick to the basics of kindness and understanding, we build a supportive workplace where everyone can thrive.

## Check Out LifeSpeak's "Moving Beyond Stigma" Campaign

To help keep the conversation going, we're excited to share LifeSpeak's "[Moving Beyond Stigma](#)" campaign, running from October 7 to November 1, 2024. This series is all about breaking down mental health stigma, promoting self-acceptance, and encouraging open

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conversations. Each session even includes a calming meditation to help you recharge and focus on your own well-being.

We'd love for you to join in. Together, we can make KHSC a place where mental health is openly discussed, supported, and celebrated.

Check them out here:

- [Part 1: Practicing Self-Acceptance](#)
- [Part 2: Opening the Conversation](#)
- [Part 3: Celebrating Many Voices](#)
- [Part 4: Empowering Future Generation](#)

## Why You Matter

At KHSC, we believe that each of us plays a role in making our workplace a healthier, more supportive environment. Every small act, whether it's offering a bit of support to a colleague or taking a moment for your own self-care, helps build a better workplace for everyone.

Our Psychological Health and Safety Policy and our work to align with the National Standard for Psychological Health and Safety help guide us, but it's really the daily actions we take that make the biggest impact. By promoting clear leadership, civility, and respect at every level, we can reduce stress and make sure everyone feels valued and supported.

## Let's Keep the Conversation Going

This World Mental Health Day, let's continue to support each other—whether it's through a simple chat, joining the [“Moving Beyond Stigma”](#) campaign, or tapping into the resources KHSC offers to support your well-being. Small, thoughtful actions really do add up to big change.

## Ready to get involved? Here are some resources to explore:

- [Mental Wellness at KHSC](#)
- [Mindful Moments](#)
- [What are the 15 Psychosocial Risk Factors?](#)
- [KHSC's Strategy for Enhancing Psychological Health & Safety](#)

Also check out these great resources:

- [Ontario Nurses' Association](#)
- [CMHA's #CompassionConnects Toolkit](#)
- [World Health Organization](#)

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Let's make KHSC a place where kindness and mental health come first—every day. It all starts with supporting each other!

Take care of yourselves and one another—it's the simple things that make a big difference.

## Join the Conversation

As we continue to prioritize mental wellness at KHSC, we'd love to hear from you! I'm genuinely eager to hear your thoughts and insights. Please take a moment to respond to these questions by [clicking here](#) or scan the QR Code below to join our collective effort:

- 1. What's one small action you've taken recently to support your mental well-being at work?** (e.g. Practiced mindfulness or meditation, checked in with a colleague, set boundaries between work and personal life, took a break to recharge, engaged in self-care activities, etc.)
- 2. What wellness topics or events would you like to see in the future?** (e.g. Mental Health Awareness, Work-Life Balance, Self-Care and Personal Well-being, Understanding Psychological Health & Safety in the Workplace, Special Interest Groups/Sessions, etc.)
- 3. What would make it easier for you to participate in wellness events at KHSC?** (e.g. multiple scheduling options, virtual participation options, shorter sessions, access to on-demand resources and recordings, etc.)



Join me in fostering a positive work environment by sharing your uplifting experiences and shining moments at KHSC. Whether it is a colleague's supportive gesture or a heartwarming encounter with a stranger, let's spread positivity by celebrating the good in our daily lives. Share your stories by [clicking here](#).

Prepare for daily doses of mental wellness inspiration with Actions for Happiness, weekly shout-outs to your colleagues, empowering quotes, and engaging discussions to start your day on a positive note! Let's celebrate every accomplishment, no matter how small because it's often the little things that have the biggest impact. Look for daily inspiration on [KHSC Now Staff Central](#) and explore more content, tips, and resources on Mindful Moments.

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