



FOR IMMEDIATE RELEASE  
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## TOWN OF CALEDON RECOGNIZED FOR PROMOTING HEALTH IN THE WORK PLACE

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The Town of Caledon is proud to be the 2005 recipient of the **Work & Well-Being Award** – part of the Canadian Mental Health Association of Ontario Achievement Awards. This award identifies an organization that has demonstrated the promotion of mental health in the workplace and cooperation between employees and community agents within the workplace. The Town has made mental health in the workplace a priority by delivering mental health workshops to all managers, supervisors and employees.

“This award is a testament to the great strides the Town has made in encouraging and supporting all staff to work towards achieving work-life harmony,” said Town of Caledon CAO, Patrick Moyle, who is a strong supporter of promoting health to his employees.

Over the past 3½ years, the Town of Caledon has been committed to their employees in promoting, advocating and providing education, awareness and resources to achieving a balance of personal and work life through their Healthy Workplace Program. The underlying goal of this program is to ensure staff are happy and healthy, which indirectly translates to more productive staff who offer exceptional customer service to the residents of Caledon.

Mental health issues are one of Canada’s leading public health problems. Statistics show that one in every five Canadians will have a mental health problem at some point in their lives.

The Town of Caledon understands the prevalence and debilitating effects of undiagnosed and untreated mental health issues. According to Statistics Canada, two-thirds of people who require help for mental health problems don’t seek help because of the stigma surrounding mental illness.

Mental illnesses account for a large percentage of hospital stays every year and the Canadian economy loses an estimated \$30 billion annually in lost productivity. Yet, in spite of the fact that every Canadian knows someone who has been, or will be, affected by mental illness, few people know very much about it.

The Town’s Healthy Workplace Program has partnered with many community organizations including Peel Health, the Canadian Cancer Association, Caledon Community Services, and the Canadian Mental Health Association (Peel Branch). Such partnerships are part of innovative projects and events, all aimed at creating awareness and opportunities for staff with regard to caring for their mental and physical well-being.

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