September 15: Prevention – The New Frontier of Workforce Mental Health



Recorded Date: September 15, 2021

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Speaker: Dr Ryan Todd

Recording

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Workplace mental health has undergone a paradigm shift in the past year. A study from TELUS revealed more than 75% of employees have said they have struggled at work due to anxiety caused by the pandemic, with 80% saying they would consider quitting their current position for a job that focuses more on employee mental health. Mental health is now a total workplace issue, and companies are looking for ways to build a strategy that permeates through the entire organization. This session examines the mental health brand shift, how employers are moving towards prevention, and the benefits an upstream, preventative strategy can bring organizations.

Dr. Ryan Todd is a psychiatrist and technologist, founding the workplace mental health and resilience platform, headversity. His work at headversity brought together a team of psychiatrists, psychologists, and educators to build an industry-redefining platform that is setting the new standard for workplace mental health, working with some of North America's largest and leading employers. Dr. Todd is also an award-winning documentarian, a Top 40 under 40 recipient with Avenue Magazine, a published researcher, and the host of the popular HR podcast, "Beyond the Checkbox". Through headversity, Dr. Todd envisions shifting mental health out of the back-logged system and into employees' hands through personal resilience training.