



**Canadian Mental
Health Association**
Manitoba and Winnipeg
Mental health for all

For immediate release

New mental health resources for Manitoba's front-line educational staff hit hard by pandemic

Winnipeg, MB (November 29, 2021) – Employers and employees throughout Manitoba who work in the educational sector will now have access to vital mental health and well-being resources with the creation of a new education-centered web portal and a team of dedicated wellness support specialists to assist in navigating access to resources and services.

This first phase of Canadian Mental Health Association (CMHA)-Manitoba & Winnipeg's education workforce initiative was made possible as a result of over [\\$500,000 in funding from Manitoba Education in partnership with Manitoba Mental Health, Wellness and Recovery](#) to provide essential mental health supports and care targeted specifically for all staff working within Manitoba's education sector.

"It is imperative that we provide these mental health supports and resources to our education workforce now, more than ever," said Marion Cooper, Chief Executive Officer, for CMHA-Manitoba & Winnipeg. "The extended pressures of the pandemic have been especially hard for staff in all of Manitoba's education system. We are proud to partner with the Departments of Education and Mental Health, Wellness and Recovery in supporting our Manitoba's educational staff."

Evidence supporting the initiative is based on a 2020 University of Winnipeg research study on the [increase of burnout in Manitoban teachers](#). The study's initial findings show that teachers in Manitoba were not coping as well as those in other provinces. According to the study's most recent results, 46% of Manitoban educational staff were in the "red zone" of mental exhaustion and withdrawal, compared to an average of 27.2% of study respondents across Canada as a whole.

"The unprecedented impacts of the continued pandemic have significantly increased stressors on education staff and students, and their path to well-being and recovery," said Education Minister Cliff Cullen. "Our investment in these services will help people get the supports they need to cope with stress, address mental health issues and take care of themselves and others."

In answer to this call for help, CMHA's Care for All in Education web portal provides a range of tools to help address common workplace mental health and psychological safety concerns, such as anxiety and depression, bereavement, COVID-19 exposure fears, coping with stress, and more. It provides concrete steps for staff at all levels to improve overall mental health, as well as navigation support from a [team of wellness support specialists](#) to connect to other mental health services, as well as resources to support the workplace to address factors that enhance the conditions to foster psychological health and safety.

“The pandemic means teachers have had to work harder than ever to maintain a sense of normalcy for children and youth, and this has taken a toll on their mental health and well-being,” said Manitoba Mental Health, Wellness and Recovery Minister Audrey Gordon. “We hope they can use these resources to help take care of themselves outside the classroom, while continuing to provide a quality education to young Manitobans.”

In coming months, the web portal will expand to include peer wellness support services, French online resources and peer support for Francophone educational staff. CMHA-Manitoba and Winnipeg extends sincere gratitude to CMHA-BC for providing the original guidance in creating a mental health website dedicated to the wellness needs of front-line workers like Manitoba’s educational workforce. To access the web portal, visit: <https://careforallineducation.com/> To connect with the portal’s wellness support specialists call: 1-877-602-1660 or email at: info@careforallineducation.com

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