

**From:** "Johnston, Sadhu" <Sadhu.Johnston@vancouver.ca>  
**To:** "Corporate Management Team (COV) - DL" <cmt@vancouver.ca>  
**Date:** 1/22/2016 3:30:39 PM  
**Subject:** Mental Health Awareness Sessions - Tuesday, January 26th

Dear CMT,

Just wanted to send a separate note asking that you encourage your staff to join us on Tuesday, January 26, 2016 for this important discussion.

Regards,  
Sadhu

Sadhu A. Johnston, LEED AP  
Acting City Manager  
City of Vancouver

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**From:** City Managers Broadcast Account  
**Sent:** Friday, January 22, 2016 3:27 PM  
**To:** All Staff (COV) - DL  
**Subject:** Mental Health Awareness Sessions - Tuesday, January 26th

Dear Colleagues,

**Let's talk about employee mental health on Tuesday, January 26th**  
*City Hall, Town Hall, 12:30 PM*  
*National Yard, Main Conference Room, 2:15 pm*

The City of Vancouver is committed to supporting the well-being of all our employees and recognizes that mental health issues are one of the leading causes of workplace disability in Canada.

This year, the City is working with Bell Canada, our cellphone provider, to promote mental health awareness. Bell has made a strong commitment to this cause with its ["Let's Talk"](#) campaign.

**Andrew Jensen**, a professional Canadian golfer who has openly struggled with depression, is a spokesperson for Bell Canada's campaign and will be speaking at both City Hall and National Yard this Tuesday. All staff are welcome and pre-registration is not required.

Mental health promotion applies to all people, even those who don't have a current issue or diagnosis. Mental health support enhances everyone's capacity to take control of life and health, as well as to build resiliency. Program such as our [Employee and Family Assistance Program \(EFAP\)](#) and health fairs also provide important support to employees.

Our goal is to keep the conversation going. By talking, we can increase awareness and help reduce the stigma around mental health for everyone.

Please join us on Tuesday for this important and engaging talk on mental health.

Best,  
Sadhu

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Acting City Manager  
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