*FOR IMMEDIATE RELEASE*

**Canadian Mental Health Association (CMHA) Sault Ste. Marie to present**

**Algoma Steel with Workplace Mental Health Leadership Award**

June 05, 2019 at CMHA Sault Ste. Marie’s Annual General Meeting, Algoma Steel Inc. will be recognized by the local branch.

We applaud Algoma Steel for recognizing that Mental Health is part of overall health and for providing employees with information and education as part of their health and safety training. Promoting Mental Health in the workplace is a priority to Algoma Steel.

“Mental Health Promotion is guided by a commitment to helping all people enjoy life, deal with challenges, improve emotional and spiritual wellbeing and build social connections. It builds cohesive communities and supports the cultivation of mentally healthy workplaces. If implemented effectively, evaluated regularly and sustained, mental health promotion has the potential to reduce mental illness and mental health expenditures,” says Lisa Carricato, Mental Health Educator and training provider, CMHA Sault Ste. Marie.

Beginning this year, the new partnership provides each Algoma Steel employee with a two hour mandatory Mental Health training session. Already Close to 1000 employees have already been trained, with a goal that all 3000 will receive the training within the year.

This training has had overwhelmingly positive feedback from staff and managers alike.

Quote from staff participant “Thank you for helping my co-workers understand the challenges I face most days”

 Annette Katajamaki, Executive Director CMHA Sault Ste. Marie states, “We hope to create a community in Sault Ste. Marie and in the District of Algoma that is welcoming, accepting and open to change – to become a mentally healthy place to live, work and play. When individuals, families, employees, and employers recognize the importance of mental health, everyone wins.”

Algoma Steel Chief Executive Officer Mike McQuade adds, “Without compromise, Algoma Steel is committed to the health and safety of its employees. By working with CMHA we have been able to raise the level of understanding and acceptance across our workforce that mental health is just as important as physical health.”

**About CMHA Sault Ste. Marie**

CMHA Sault Ste. Marie offers a number of services and supports to the community that empower individuals, groups and communities to define, achieve and maintain a mental, physical, emotional and spiritual balance. Whether individuals are experiencing a mental illness, have a family member or friend with mental illness, are a health care provider, an employer, or are seeking information, CMHA Sault Ste. Marie is available to help. CMHA Sault Ste. Marie is incorporated and is governed by a volunteer Board of Directors. Funding for the programs and services comes from many services, including the Northeast LHIN, the United Way, grants and donations. For more information please visit

<http://ssm-algoma.cmha.ca/>

-30-

.

For media inquiries, please contact:

Lisa Carricato, Mental Health Educator

CMHA Sault Ste. Marie

386 Queen Street East

705 759-0458 ext. 231

Cell 705 542-3991

lisa@cmhassm.com

