

April 8, 2015

## New partnership targets employee wellness and mental health

LONDON, Ont. – Stressed Out Solutions and Employee Wellness Solutions Network are partnering to help companies across Canada tackle workplace mental health and wellness.

Building on their combined 24 years of success, Stressed Out Solutions (SOS) and Employee Wellness Solutions Network (EWSNetwork) are experts in the wellness and mental health fields, helping employers build a happy, healthy work environment that reduces low-morale and absenteeism.

Though workplace mental health may seem like an invisible problem, consider this: 500,000 Canadians are off work each week due to mental health and one in four Canadian workers describe their daily lives as highly stressful. This carries over to the workplace and manifests itself in absenteeism, low morale and reduced productivity, which costs employers as much as \$20 billion annually (Statistics Canada).

Stressed Out Solutions and Employee Wellness Solutions Network have been helping companies create healthy work environments and their partnership will build on that success. Forming a network of consultants across Canada, the companies will provide consistent programming to employers.

Stressed Out Solutions helps employers put together a mental health plan to reduce workplace stress. Its founder, Sarah Hilton, trains employers on how to stop the silence and stigma of mental illness in the workplace. She is one of the country's leading trainers on workplace mental health that can reduce absenteeism and low-morale.

Canada-wide roll out of programming that she's developed for Stressed Out Solutions is Sarah Hilton's main goal for the partnership. "Any mental healthcare professional can explain the definition of depression, anxiety or PTSD. The key to success is to deliver a program that supports and builds trust with businesses and organizations, so that they talk about mental health comfortably. Speaking out saves lives; staying silent kills," says Hilton, reflecting on recent international events that reflect poor attention to mental health issues in a workplace in which the public trust was shattered.

She adds, "SOS's goal is to stop the silence, and offer training through one of our programs called CARE: communication, accommodation, recognizing and education; the true effects of Mental Health in the workplace."

EWSNetwork builds a healthy workplace culture through individual, group and awareness programs to create healthy lifestyle habits via on-site programs such as health coaching and culture-based group programs during the workday to help in areas of stress-management, weight loss and quitting smoking.

Garth Jansen says, “Partnering with SOS enables EWSNetwork to offer award-winning mental health programming to support our employee wellness offerings because if employees are struggling emotionally, they won’t be paying as much attention to becoming healthier, mentally or physically.”

Together, the partnership will help companies across Canada harness the power of their most important asset – their employees.



Garth Jansen, President  
Employee Wellness Solutions Network  
519.860.0502  
[garth@ewsnetwork.com](mailto:garth@ewsnetwork.com)



Sarah Hilton, CEO  
Stressed Out Solutions  
519.476.9649  
[sarah@stressedoutsolutions.com](mailto:sarah@stressedoutsolutions.com)