



Healthy People · Safe Workplaces · Strong Communities

Our Services

PSYCHOLOGICAL HEALTH & SAFETY

MINDfull™

Workforce surveys, mental health policy review, and comprehensive assessments of an organization's strengths and risk factors for psychological wellness in the workplace, based on CSA's National "Standard" for Psychological Health and Safety.

MINDfull™ Executive Leadership Training Series

Presents the business case for a psychologically safe workplace, while discussing supportive leadership tactics and language essentials for implementing a culture of stress management and self-care.

MINDfull™ Manager & Leadership Training Series

Raises awareness for psychological health and safety in the workplace and provides managers and supervisors with additional tools and resources to become better equipped to assist employees with a mental health issue or illness.

MINDfull™ Employee Training Series

Introduces mental health, wellness and illness and the impact this has on the workplace. It raises awareness for the prevalence of mental health problems and illnesses in the workplace and provides strategies to mitigate stress and burnout, build resilience and improve self-care.

Mental Health First Aid Basic Certification

The assistance provided to a person developing or experiencing a mental health crisis. Just as physical first aid is administered to an injured person before medical treatment can be obtained, MHFA is given until appropriate treatment is found or the crisis is resolved.

EMPLOYEE HEALTH SUPPORT

Managed Abilities Program (MAP™)

Wellness Support

A proactive support system designed to assist individuals in the workplace that are struggling with presenteeism and/or absenteeism due to illness and/or injury.

MAP™ Injury Support (Rapid Response)

Immediate onsite assessment and consultation of workplace injuries in efforts to expedite medical attention and recovery, ultimately minimizing time loss.

Disability Management

Management of short- and long-term disability claim files, including Adjudication/ASO Services and WCB claim management, working towards a common goal of assisting claimants to improved health coordination and recovery, vocational rehabilitation, claim resolution, and cost relief.

Health Services Consulting

Expertise and resource advising on an immediate basis to assist and consult with your internal teams regarding best business practice, human resources, labour standards, and/or advice on complex cases.

INJURY PREVENTION

Education & Training Services

Education on body mechanics and assistance in the development of strategies including increasing overall awareness of common injuries in the workplace, identifying potential ergonomic risks, and implementing solutions to mitigate the risk of workplace injury.

Occupational Therapy Services & Assessments

Therapists Engage with employers and employees to collaboratively identify concerns in the workplace, and provide recommendations for effective and on-going solutions, promoting health and well-being

SOFTWARE SOLUTIONS SUITE

Ergoworks

A revolutionary online platform that supports employers of all sizes to manage the entire employee lifecycle, from pre-hire, onboarding, injury, and return to work.

Avail App

Avail is the world's leading real-time mental health and well-being management system. Avail helps organizations to dramatically reduce sick days, disability claims and attrition, while simultaneously improving member happiness and performance.

Bridges Smarhub Database

An interactive, comprehensive database that allows employers to stay up to date with current activities of active claims. This advanced software allows employers to stay in communication (in real-time) with case workers, WCB, care providers and other key stakeholders. This SMART tool allows for management to control all actions in one central, controlled location.