

THE *13 factors* OF PSYCHOLOGICAL HEALTH AND SAFETY IN THE WORKPLACE

According to the Mental Health Commission of Canada

- Organizational Culture
- Psychological and Social Support
- Clear Leadership & Expectations
- Civility & Respect
- Psychological Demands
- Growth & Development
- Recognition & Reward
- Involvement & Influence
- Workload Management
- Engagement
- Balance
- Psychological Protection
- Protection of Physical Safety