# Resources and links

Working through it

[Working through it](https://www.workplacestrategiesformentalhealth.com/employee-resources/working-through-it) is a series of videos of real stories of employees who experienced mental health issues. Their strategies, tips and advice can provide virtual peer support for employees with mental illness as well as mental health awareness for all.

Psychologically safe leader assessment

[Psychologically safe leader assessment](https://www.workplacestrategiesformentalhealth.com/psychological-health-and-safety/psychologically-safe-leader-assessment) is a set of free action resources identifies and supports leadership strategies pertaining to psychological health and safety. The leadership assessment can be assigned to leaders by an administrator authorized by an organization or used by individual leaders for their own personal and confidential learning and development.

Supporting employee success

[Supporting Employee Success](https://www.workplacestrategiesformentalhealth.com/psychological-health-and-safety/supporting-employee-success) is a tool that helps inform the development of an effective workplace plan between the employer and employee. It can be used on its own, or as part of an existing approach to support an employee’s accommodation need. It includes ideas intended to be no-cost or low-cost to implement. Most require a small investment of time and/or a change in communication approach.

Plan for resilience

[Plan for resilience](https://www.workplacestrategiesformentalhealth.com/employee-resources/plan-for-resilience) can help improve your ability to bounce back after a potential health, personal, or work crisis. It will help you identify effective strategies and resources to draw on when needed.

Building stronger teams

[Building stronger teams](https://www.workplacestrategiesformentalhealth.com/psychological-health-and-safety/building-stronger-teams) is a free, downloadable workbook to strengthen leadership skills and build team resilience.

On the agenda

[On the Agenda](https://www.workplacestrategiesformentalhealth.com/psychological-health-and-safety/on-the-agenda) is a series of free workshop materials and facilitator tools to address psychosocial factors described by Guarding Minds at Work and the National Standard of Canada for Psychological Health and Safety.