

JOIN US ON APRIL 28

**National Day of Mourning
for workers injured, killed,
or made ill by hazardous work.**



Ensuring Workers Survive *and Thrive*

Actions speak louder than words.
We know this. So, how do we get beyond just talking about one of the most challenging occupational health and safety concerns of our time, namely **worker mental health?**

This April 28, on our National Day of Mourning, our labour council will join the Workers Health & Safety Centre (WHSC), the Canadian Labour Congress, the International Labour Organization (ILO), and other worker health and safety advocates throughout Canada, Ontario, and the world, in the call for effective workplace solutions to help ensure workers not only survive but thrive.

Worker experiences and research evidence will guide our way.

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WORKING FOR WHAT WORKS

A shift in focus is required. Reducing stigma, building resiliency and asking workers to cope is not enough, by far. The root of the problem is systemic not personal. Effective solutions are found in how work is designed, organized and managed. They involve functioning workplace health and safety programs, balanced workloads, reasonable work hours, role clarity, worker autonomy to the degree possible, mutual respect, technology use not misuse, proper work direction, and proper workplace support.

Without enforceable, and enforced, legislation, we also know these solutions most often go unimplemented. With few exceptions, **voluntary measures don't work**. As a result, several jurisdictions in Europe, Latin America and Asia-Pacific, including most recently, all five Australian states, have enacted legislation in an effort to promote psychologically healthy workplaces. The best of these includes measures to help ensure workers and their representatives actively participate in prevention programs. Together, they demonstrate the art of the possible and help inform workers' demands closer to home.

Let's remember AND let's recommit to pursuing the highest degree of physical, mental and social well-being for all workers.



JOIN US



LONDON & DISTRICT LABOUR COUNCIL

TUESDAY, APRIL 28, 2026 | 10:00 AM

DAY OF MOURNING CEREMONY

LOCATION:

OPSEU Membership Centre
1092 Dearness Drive, London

CONTACT:

Darryl Bedford
londonlabourcouncil@gmail.com

GUEST SPEAKERS:

Labour Activists, Friends, Families and Local Dignitaries

WHSC, WE CAN HELP: For our part, we are Ontario's only labour-endorsed, government-designated training centre. WHSC has long developed and delivered training programs and information resources designed to promote overall worker health by controlling or better yet, eliminating all work hazards, including psychosocial hazards. On April 28, and every day again, **let's work to ensure workers survive AND thrive.**

Check out our Day of Mourning resources, including a province-wide event listing www.whsc.on.ca.