



Mood Disorders Society of Canada

La Société Pour **Les Troubles de L'Humeur** du Canada



VALE



October 5, 2020

For Immediate Release

Vale Canada – Manitoba Operations is Partnering with the Mood Disorders Society of Canada's Elephant in the Room Anti-Stigma Campaign

Mood Disorders Society of Canada is very pleased to announce that Vale Canada Limited – Manitoba Operations has partnered with us on our **Elephant in the Room Anti-Stigma Campaign**. Vale is a national sponsor of the Mood Disorders Society of Canada, and continues to demonstrate commitment to raising awareness and addressing the stigma associated with mental illness within our communities, and workplaces.

The Joint Vale USW Mental Health Committee at Vale's Manitoba Operations will be inviting all employees to support the launch of this campaign by bringing the Elephant in the Room – literally and figuratively, into the workplace in the form of a blue elephant. The elephant figurines, buttons and stickers will serve as a small but powerful visual signal that employees who display them have created safe spaces for conversations with individuals experiencing a mental health concern. It will help to break down the invisible barrier that stigma presents to seeking care and support for mental health.

Lyle Safronetz, Manager of Health, Safety and Risk for Manitoba Operations reports that Vale's Manitoba Operations is committed to supporting the mental health and well-being of employees and will continue to offer Mental Health First Aid training for employees. *"We are launching the **Elephant in the Room** campaign to help raise awareness, tackle stigma, and visibly identify the people and places where we can find support to talk about our mental health."* With the launch of the Elephant in the Room Anti-Stigma Campaign at Vale's Manitoba Operations on October 5, 2020, Vale and Local USW 6166 is putting the elephant on the table – mental health matters – and together, we will take action against stigma and create safe spaces for our employees to talk about mental health.

*"Mental illness is among the most common and debilitating health issues, and one in five Canadians will encounter a mental illness or mental health issue this year. The stigma and discrimination associated with mental illness are still profound and harmful barriers to treatment today. We are proud to have Vale Canada - Manitoba Operations, implement the MDSC **Elephant in the Room** anti-stigma campaign and to encourage workers to come forward for help when they need it. It will help them to receive the support they require to address these illnesses sooner,"* states Dave Gallson, National Executive Director, MDSC.

About the Mood Disorders Society of Canada:

The Mood Disorders Society of Canada was launched in 2001 to provide people with mood disorders, their families and caregivers a strong, cohesive voice at the national level on issues relating to mental health and mental illness. With particular regard to depression, bipolar disorder and other associated mood disorders, the MDSC aims to improve access to treatment, inform research, shape program development and government policy to improve the quality of life for people affected by mood disorders.

About Vale

Vale is one of the world's largest mining companies, present across five continents. Vale is also the world's largest producer of nickel. Operating in Canada for more than 100 years, our Canadian operations produce nickel, copper, cobalt, platinum group metals, gold and silver. Vale's operations in Manitoba has two operating mines, is located in the awe-inspiring heart of the northern boreal region. It has a strong future in mining and milling, with an ongoing mission to grow as a safe, prosperous and sustainable nickel producer. For more information, please visit: www.vale.com/canada.

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For more information link to our website: www.mdsc.ca

Mood Disorders Society of Canada
Debbie Turner EITR, Sr. Program Manager
(613) 921-5565
info@mdsc.ca

Vale Manitoba Operations
Tara Ritchie, Corporate & Indigenous Affairs
(204) 778-2094
tara.ritchie@vale.com