People Working Well

Free Mental Health Training for BC's Tourism & Hospitality Industry

Creating a healthy workplace culture—everyone plays a role

From frontline workers to supervisors, managers, senior leaders, business owners, and HR and occupational health and safety professionals—each of us plays a crucial role in shaping a healthy workplace culture.

You'll gain practical skills to nurture your own mental health and support your colleagues, creating a healthier and more supportive work environment for all.

Flexible learning at your fingertips

Each interactive, online course lasts 15 to 30 minutes, addressing the specific needs of different roles. Topics include:

- Reducing stigma
- Stress and anxiety management
- Preventing burnout
- Supporting mental health for yourself and your colleagues

All our training is completely free.

Register now to begin your learning journey!

Canadian Mental Health Association
British Columbia
Mental health for all

BRITISH COLUMBIA
Supported by the Province of British Columbia

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go2HR

PeopleWorkingWellBC.ca