

People Working Well

BC's Hub for Workplace Mental Health

Mental Health Resources for
BC's Tourism & Hospitality Industry



PeopleWorkingWellBC.ca

Creating a healthy workplace culture—everyone plays a role.

We're here to support all members of the tourism and hospitality sector—from workers to supervisors, leaders 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

Discover resources, explore bite-sized tips and videos, or connect through courses and webinars tailored for you. Or reach out for expert guidance from a consultant. Topics include:

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

All resources are completely free.

Join us in creating a workplace where everyone thrives!



Canadian Mental
Health Association
British Columbia
Mental health for all



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