

People Working Well

Mental Health Training for BC's Tourism & Hospitality Industry

In partnership with go2HR



Flexible learning at your fingertips

Tailor your learning experience with our bite-sized, interactive online courses. Each course lasts 15 to 30 minutes, addressing the specific needs of different roles. Select the topics that interest you and complete them at your convenience. Topics include:

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

All our training is completely free.

[Register now to begin your learning journey!](#)



Creating a healthy workplace culture—everyone plays a role.

Our training is designed for all members of the hospitality and tourism industry—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.

[Join us in creating a workplace where everyone thrives!](#)

PeopleWorkingWellBC.ca

Making psychological health and safety more accessible for all

Promoting mental health and preventing psychological injury at work are at the core of this program. The Mental Health Commission of Canada has developed a National Standard for Psychological Health and Safety in the Workplace, outlining 13 key factors that influence mental health in the workplace.

This training aims to make these factors understandable and actionable for everyone.



Champion mental health for yourself and your colleagues

Upon completion of each course, you'll receive a certificate and achievement badges, which you can proudly display on LinkedIn or other social media platforms.

- Earn your **People Working Well Ambassador** badge by completing 4 courses
- Level up to a **People Working Well Champion** by completing 8 courses
- Become a **People Working Well Leader** by completing 12 courses



“I feel as though I am an ambassador for wellness. This course has given me solid tools to continue to serve and care for myself and my colleagues.”

Courses for supervisors and managers

- Introduction to Workplace Mental Health
- Introduction to Psychological Health & Safety
- Respectful Workplaces
- Reasonable Job Demands
- Feeling Safe at Work
- Addressing Mental Health Stigma
- Work/Life Balance
- Engagement at Work
- Integrating Psychological Health and Safety Into Your Work
- Identifying Hazards and Mitigating Risks
- Navigating Interpersonal Environments
- A Duty to Accommodate and Duty to Inquire

Courses for workers

- Introduction to Workplace Mental Health
- Introduction to Psychological Health & Safety
- Respectful Workplaces
- Reasonable Job Demands
- Feeling Safe at Work
- Addressing Mental Health Stigma
- Work/Life Balance
- Engagement at Work
- Contributing to Psychological Health and Safety in the Workplace
- Identifying Hazards and Mitigating Risks

BC's Hub for Workplace Mental Health



Canadian Mental
Health Association
British Columbia
Mental health for all



BRITISH
COLUMBIA

Supported by the Province of British Columbia

In partnership with

go2HR