

People Working Well



Free Mental Health Training for BC's Arts & Entertainment Industry

Creating a healthy workplace culture — everyone plays a role

We're here to increase psychological literacy and provide usable tools for the workforce along with additional support when needed. These materials are for everyone in the arts and entertainment industry — from crew, talent, and contract workers to department heads, production managers, executive directors, line producers, production safety advisors, and OHS 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. Topics include:

- 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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