

People Working Well

BC's Hub for Workplace Mental Health

**Mental Health Resources for
BC's Arts & Entertainment Industry**



PeopleWorkingWellBC.ca

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



**BRITISH
COLUMBIA**

Supported by the Province of British Columbia

In partnership with

actsafe★
Safety Association