People Working Well

BC's Hub for Workplace Mental Health

PeopleWorkingWellBC.ca

Workplaces that put people first

Workplace mental health has never been more important and we're here to support you every step of the way. Whether you're stuggling with stress and burnout, concerned about a colleague, or looking to build a healthier workplace culture, you're not alone.

Consider us your trusted guide, offering help, training and a supportive community.

Join us in creating a workplace where everyone thrives!

Flexible learning at your fingertips

Learn practical tips and information to nurture your mental health and support colleagues with articles, webinars and videos on topics including:

- Mental health challenges
- Talking about mental health
- Managing change
- Balance and boundaries
- Recruitment and accommodations
- Healthy workplace cultures

All resources are free to access—begin your learning journey today!

"90% said the training gave them new skills to support positive conversations about mental health"

“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.”

Creating a healthy workplace culture—everyone plays a role.

This website is designed for all members of your organization—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. Let us support your journey towards building a healthier workplace.

Find resources tailored to your sector and learning preferences

Our resources were designed with your busy schedule in mind and include:

- Easy to read tips and articles
- Printable information to share
- Conversation starting videos
- Engaging webinars and events
- Sector specific content and training

“93% said that the webinar they attended was excellent.”

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Canadian Mental Health Association
British Columbia
Mental health for all

BRITISH COLUMBIA
Supported by the Province of British Columbia