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 struggling 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
- Recruitment and accommodations
- Balance and boundaries
- Managing change
- Healthy workplace cultures

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

Canadian Mental Health Association
British Columbia
Mental health for all

British Columbia
Supported by the Province of British Columbia