

UBC Managers and Deans

Empowering supervisors with tools to navigate mental health at work.

Remember:

You do not need to be an expert to help someone in need.

Health, Wellbeing and Benefits
UBC Human Resources
www.hr.ubc.ca/health
604-822-8762

Mental Health Education and Information

UBC Resources

- [Where can I access mental health training for my staff and faculty?](#)
- [What counselling services are available for UBC staff and faculty?](#)
- [What counselling services are available for student staff?](#)
- [What are some campus resources I can share with my staff and faculty?](#)
- [What are some resources I can share related to building mental health?](#)

External Resources

- [How do I recognize a mental health problem in the workplace?](#)
- [Where can I access e-learning modules related to mental health?](#)

Mental Health Issues in the Workplace

UBC Resources

- [Where can I find coaching support for having difficult conversations?](#)
- [Where can I find support for managing emotions in the workplace?](#)
- Who can assist me with accommodation/ return to work for my staff or faculty?
 - 1) [Staff Advisory Services](#)
 - 2) [Faculty Relations](#)
 - 3) [Workplace Health Services \(Vancouver\)](#)
 - 4) [WRAP \(Okanagan\)](#)
- [How do I manage conflict when mental health is an issue?](#)

External Resources

- [How can I access advice when dealing with difficult situations?](#)
- [How do I talk to staff/faculty regarding a colleague's accommodation?](#)

Creating a Healthy Work Environment

UBC Resources

- [What can I do to increase teambuilding and positive mental health?](#)
- [Where can I access bullying and harassment training?](#)
- [Who can assist me with healthy workplace tools and strategies?](#)
- [How can I support and promote a respectful work environment?](#)
- [Where can I find more information about intercultural understanding?](#)
- Interactive ideas on Lynda.com: [Fostering Positive Work Environments](#)
[Skill Building for Difficult Conversations](#)
- [How can I empower staff/faculty to feel physically safe at work?](#)