

## 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.

### 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 support employee success when mental health is a factor?](#)

### 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 fostering positive work environments and having difficult conversations on [Lynda.com](#)
- [How can I empower staff/faculty to feel physically safe at work?](#)

Health, Wellbeing and Benefits  
UBC Human Resources  
[www.hr.ubc.ca/health](http://www.hr.ubc.ca/health)  
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