

CARE

Compassionate and Respectful Employer

Workplace CARE Certification

Community Social Services
workplace mental health training program

LEVEL 1: Foundational Skills



For: Everyone

Prerequisites: None

You'll learn about:

- Mental health and how it can fluctuate over time
- Mental health challenges such as anxiety, depression, disordered eating and substance use issues

You'll learn how to:

- Reduce stigma and start positive conversations about mental health
- Recognize and address chronic stress

Format: Self-paced virtual modules with videos, quizzes and a learning coach. Optional webinars will be offered to supplement core content.

Registration now open

LEVEL 2: Enhanced Skills



For: Leaders, supervisors, managers

Prerequisites: All modules in Level 1

You'll learn about:

- The importance of empathy and clear communication
- Resources available to support you and your team

You'll learn how to:

- Recognize signs that a team member may be struggling and in need of additional support
- Safely and effectively address concerns, de-escalate conflict and intervene in a crisis

Format: Self-paced virtual modules with videos, quizzes, live discussion, optional webinars and a learning coach.

Registration coming soon

LEVEL 3: Advanced Skills



For: Leaders, HR, occupational health and safety

Prerequisites: All modules in Levels 1 and 2

You'll learn about:

- The effects of discrimination on individual and organizational well-being and resilience
- Tools for implementing the *National Standard for Psychological Health and Safety in the Workplace*

You'll learn how to:

- Identify opportunities to address bias and discrimination in your workplace
- Draft a plan identifying priority areas, strengths, and first steps toward improving your workplace culture

Format: A self-paced virtual course with live webinars, discussion forum and learning coach to assist you in creating an implementation plan.

Registration coming soon

Learn more and register for FREE at workmentalhealthbc.ca



Canadian Mental Health Association
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Mental health for all

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