

STOP. CHECK. PROCEED.

Prioritise workplace mental health

70% of employed Canadians are concerned about psychological safety and health in the workplace. Workplace mental health has a direct impact on physical/mental well-being, work life balance, relationships and other mental health challenges. This World Mental Health Day, remind yourself to prioritise your mental health in the workplace, reach out for help if needed, and be the best version of yourself you can be.

Tips to prioritise mental health in your workplace

✓ Recognise warning signs

Fatigue, sleep disruption, loss of appetite, decline in productivity, feelings of helplessness, or self-doubt could be signs of burnout. Recognise signs and symptoms of stress, take a break, and seek professional help.

✓ Make time for yourself

Research shows that finding some time for yourself supports reduction of stress levels in your brain. Even including walking breaks can help.

✓ Connect with friends

Healthy relationships help us build resilience in the face of stressors. Relationships help by providing a Social Engagement System, regulates the brain, and facilitates better problem solving.

✓ Speak to a professional

Mental health is as important as physical health. Don't let busy schedules stop you from seeking help. Prioritize your mental health and take steps to look after all aspects of your mental and physical health.

Need help?

Speak with a Registered Clinical Counsellor (RCC).
Use the BCACC Find a Counsellor tool to choose from
7,900+ RCCs across BC.
Take the first step today!

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#WorldMentalHealthDay