

Health and Safety Matters



April 24, 2025



Upcoming events

April 29 | WEBINAR
Reinventing the return -
A roundtable discussion on smooth
workplace transitions

May 6 | WORKSHOP
Provincial Violence Prevention
Curriculum Train the Trainer

May 6 | WORKSHOP
Provincial Violence
Prevention Curriculum

Register at safecarebc.ca/events



Read the full issue

Strategies to address psychological injuries

For employers

- Educate employees about mental health and train leaders to recognize signs of psychological distress or injury.
- Provide and promote access to mental health services and support.
- Foster open communication about mental health and well-being to reduce stigma.
- Commit to and implement a psychologically healthy and safe workplace.

For employees

- Use your available mental health supports, such as employee assistance programs.
- Practice self-care to support mental well-being.
- Contribute to a positive workplace culture by promoting psychological health and safety.

Your feedback could win you a gift card

Your feedback is invaluable. Completing our surveys helps us know what you enjoy and tells us what we can do better. To show our thanks, we're giving everyone who completes our post-course surveys a chance to win a \$25 gift card of their choice.

Question of the week

This week's question is:

How do you practice self-care?

Send your answers to zbutler@safecarebc.ca, and we'll feature them in next week's issue.