

Healthy Workplace Services

Health and well-being information and services for all BC Public Service employees can be found on [MyHR](#). Click on the hyperlinks below to find out more about each service.

Employee and Family Assistance Services

Short-term Counselling

Free, confidential and solution-focused professional counselling services offered in several formats (telephone, video and face-to-face). Short-term counselling addresses a range of concerns, including anxiety, grief, relationships, family and parenting issues, and workplace challenges, such as stress management, managing conflict and achieving work-life balance.

Most short-term counselling cases include up to five sessions. Employees can re-access services throughout the year as needed. All BC Public Service employees, including their family members and auxiliary employees, can access all Employee and Family Assistance Services.

Employee and Family Assistance Services are offered through LifeWorks (formerly Morneau Shepell).

*Call toll-free 24/7 at: **1 800 655-5004***

*Register or login online at:
www.workhealthlife.com*

Lifestyle Management Services

Short-term guidance and referral services are typically delivered on the phone by subject matter specialists. Depending on the nature of the request, online resource materials may be offered. The best way to find the most appropriate service for you is to call the intake line at 1-800-655-5004. Service options include:

- [Nutrition Support](#)
- [Family Support Resources](#)
- [Career Support Services](#)
- [Health Coaching](#)
- [Financial and Legal Services](#)
- [Retirement Planning](#)

Online Programs

Confidential self-directed programs focused on:

- [Stress Management](#)
- [Separation and Divorce](#)
- [Financial Planning](#)
- [Relationship Support](#)

Services for Managers and Supervisors

People Leader Advice Line: Free professional advice and coaching for managers and supervisors dealing with workplace issues. This includes preparing for (or debriefing after) difficult conversations, managing team conflict and understanding problematic behaviour that may indicate a mental health concern. Call **1-800-655-5004** (select **Option 2**) to access this confidential service.

Critical Incident Response services: Specialized professional response to a workplace crisis, traumatic event or employee victimization. This includes accidents or injury, violence, robbery, natural disaster, terminal illness and death and layoffs. This service typically supports a workplace team on-site within 2-3 days of the incident. The charge to the requestor is \$175/hr (min charge \$525). Call **1-800-655-5004** (select **Option 3**).

Health-focused Programs & Services

Mental Health and Well-Being Resource Hub: Centralized source of information and resources to help employees find appropriate services to care for their own mental health and support others.

Health & Well-Being Workshops: Free workshops available on a variety of mental health and work/life topics, including stress management, resilience, coping with change, mindfulness and more. Browse the "Health & Well-Being" catalogue and register through the [Learning Centre](#).

NOTE: workshops can also be arranged at a cost. Contact Catherine.Chao@gov.bc.ca for details.

Health Where You Work: Follow this SharePoint group to receive information, announcements, events and resources related to workplace health and well-being.

Mindful Meditation Resources: 12 audio meditations, resource to start a group and other resources.

LifeSpeak Video Library: 500+ short and informative video segments delivered by experts on a range of topics, including physical and mental health, family, relationships, finances and professional development.

Substance Use Cessation: Resources and services to help employees with their goals related to substance use. Services include the [Substance Use Disorder Treatment Funding](#) and [Quittin' Time Smoking Cessation](#).

Managing Employee Health Issues at Work: This consultation program helps managers and supervisors who are concerned about an employee health condition that is/may be impacting work performance.

Early Intervention & Return to Work e-Learning Series: Nine modules designed to help managers and supervisors deal effectively with health-related absences and issues and understand their responsibilities.

Early Intervention and Return-to-Work Program: Provides managers and supervisors with expert, collaborative assistance in managing an employee's health-related absence. Where nursing case management is involved, other services such as Cognitive Behavioural Therapy and Recovery Management may be offered.

BC Public Service Agency Resources

Learning Centre: Access a broad range of health and safety-focused courses.

Coaching Services: Available by phone, video or in-person, these services are open to employees or teams interested in enhancing effectiveness, leadership capacity and business results. Four areas of coaching focus include: leadership, team performance, workplace conflict and coaching for groups with shared goals.

Conflict Management Services: A range of in-house and contracted services to assist with managing conflict.

Respectful Workplace Resources: A comprehensive resource site to promote a respectful workplace (including "[Meeting in a Box](#)"). Provides guidance on responding to disrespectful behaviours, such as bullying.

Diversity and Inclusion Strategy: Outlines BCPS goals, areas of focus and desired outcomes for D&I.

Work Environment Survey (WES): A biennial survey that measures workforce engagement. Also aligns to most of the [psychosocial factors in the workplace tied to a psychological safety and health](#).