



Supporting Mental Health and Well-being

For BC Public Service Employees

How Charged is Your Battery?

Your mental health can be thought of as a battery that needs regular charging. **Are you feeling charged or depleted?**



Feeling Great!

Continue to practice self-care.



Feeling OK

Focus on positive things and people.



Running Low

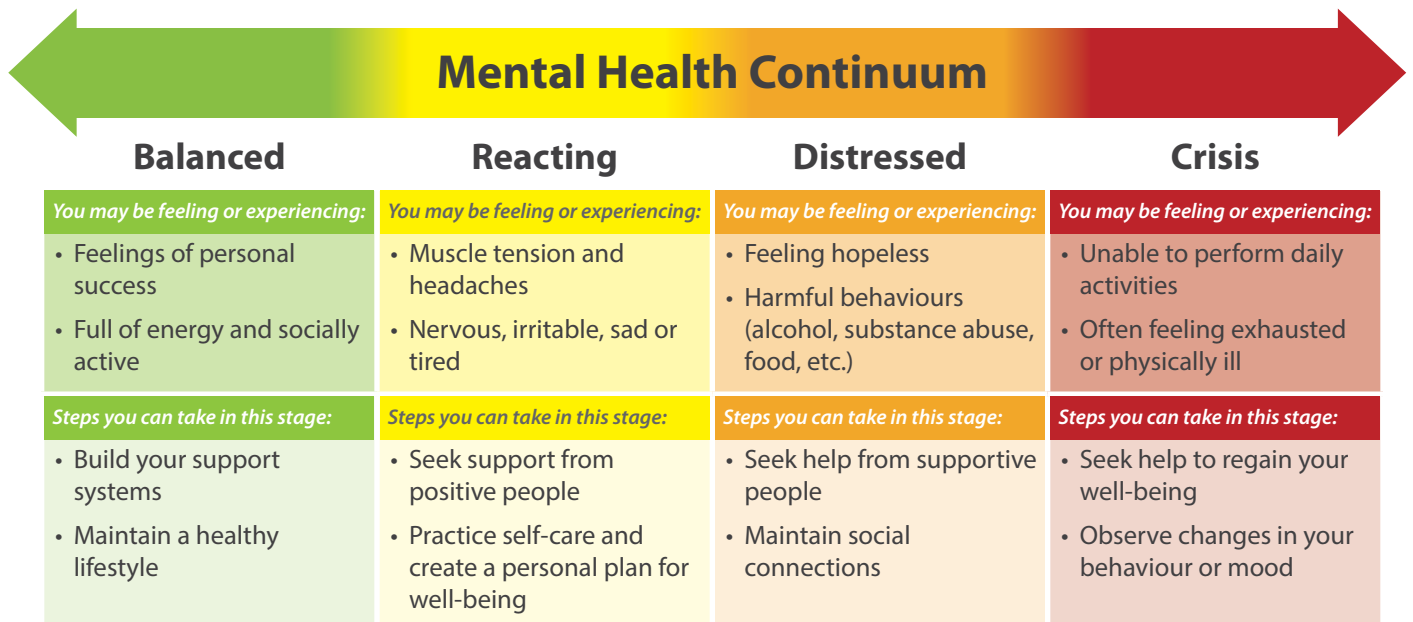
Who and what can support you?



Running on Empty

Seek help and support to regain your well-being.

Use the Mental Health Continuum below to help you identify what stage you're in and what steps you can take to charge your battery.



Supporting Others

Start with a self-check: are you in the right frame of mind and do you have the capacity to support someone? If so, here are some conversation starters that can help support someone in need:

Inquire

"I've noticed you seem less . . . than usual. Is there anything you want to share?"

Listen

*Be curious. "It sounds like . . . Is that right?"
Be patient and allow for silence.*

Reassure

*"It's understandable that you feel this way.
Support is available."*

Encourage

"Has anything helped in the past?" "What is one thing you could do to feel better today?"



Offer Support

"How are you managing today?" "How can I help?"

Be Patient

If you're met with resistance, accept it and continue to reach out. "I'm happy to speak with you any time you're ready to share."

Check In

*See how the person is doing after a few days.
It may take them time before they are ready to seek help.*

Adapted from the Canadian Mental Health Association's [Crisis Response Virtual Training – Caring for Others](#).

Resource List

Mental Health & Well-being Resource Hub

Information, links and tools to help you manage your mental health and well-being.
gww.gov.bc.ca/mental-health-well-being/resource-hub

Employee & Family Assistance Services (EFAS)

Free and confidential services provided by LifeWorks. Call **1-800-655-5004** or visit www.workhealthlife.com

Immediate & Crisis Support

BC Mental Health Crisis Line:

310-6789 (no area code)

KUU-US Crisis Line for Indigenous People, by Indigenous People:

Toll Free Line **1-800-588-8717**