

The Mental Health Continuum

UBC Okanagan Programs and Resources

	Healthy (Promotion and education)	Reacting (Prevention & management of risk)	Injured (Illness support, management & accommodation)	Ill (Illness support, management & accommodation)
Programs and Supports	<p>Shepell EFAP Work, Health, Life and Counselling support services</p> <p>30 Day Mindfulness Challenge</p> <p>Mental Health Literacy Programming</p> <ul style="list-style-type: none"> The Working Mind Mental Health First Aid ASIST <p>Thrive</p> <p>30 Day Mindfulness Challenge</p> <p>Not Myself Today Campaign</p> <p>Healthy Workplaces Initiative</p> <p>Staff and Faculty Sports Day</p> <p>Pick Your Peak Stair Challenge</p> <p>Recreation Opportunities</p> <p>UBC Perks</p> <p>Recreation opportunities</p> <p>Food and Nutrition</p> <p>LinkedIn Learning</p> <p>Equity and Inclusion Office</p> <p>UBC's United Way Campaign</p> <p>Professional Development at UBC</p> <p>Tuition Waivers</p>	<p>Shepell EFAP Work, Health, Life and Counselling Support Services</p> <p>30 Day Mindfulness Challenge</p> <p>Mental Health Literacy Programming</p> <ul style="list-style-type: none"> The Working Mind Mental Health First Aid ASIST <p>30 Day Mindfulness Challenge</p> <p>Not Myself Today Campaign</p> <p>Vacation and leaves</p> <p>Childcare Resources</p> <p>Equity and Inclusion Office</p>	<p>Shepell EFAP Work, Health, Life and Counselling Support Services</p> <p>SunLife Extended Health Plan</p> <p>Psychological services</p> <p>Work Reintegration and Accommodation Program</p> <p>30 Day Mindfulness Challenge</p> <p>Vacations and Leaves</p> <p>Personal Absence Tracker</p> <p>Helping Staff and Faculty in Distress (UBC's Orange Folder)</p> <p>Human Resources Advisor/Faculty Relations</p> <p>Sexual Violence Prevention Office</p> <p>Independent Investigations Office</p> <p>Equity and Inclusion Office</p>	<p>Shepell EFAP Work, Health, Life and Counselling Support Services</p> <p>SunLife Extended Health Plan</p> <p>Psychological services</p> <p>Work Reintegration and Accommodation Program</p> <p>Paid Sick Leave</p> <p>Unpaid Sick Leave</p> <p>Long Term Disability</p> <p>Human Resources Advisor/Faculty Relations</p> <p>Sexual Violence Prevention Office</p> <p>Independent Investigations Office</p>
Resources	<p>Healthy UBC Newsletter</p> <p>Benefits FYI</p> <p>Virtual Health Assessments</p> <p>UBC's Wellbeing Strategic Framework</p>	<p>Healthy UBC Newsletter</p> <p>Benefits FYI</p> <p>Virtual Health Assessments</p> <p>UBC's Wellbeing Strategic Framework</p> <p>Life Events</p>	<p>Helping Staff and Faculty in Distress (UBC's Orange Folder)</p> <p>Respectful Workplace Environment</p> <p>Life Events</p>	<p>Helping Staff and Faculty in Distress (UBC's Orange Folder)</p> <p>Respectful Workplace Environment</p> <p>Response to At-Risk Behavior Policy SC013</p>

Mental Health Continuum Model

