## The Mental Health Continuum

**UBC Okanagan Programs and Resources** 

	Healthy	Reacting	Injured	III
	(Promotion and education)	(Prevention & management of risk)	(Illness support, management & accommodation)	(Illness support, management & accommodation)
		,	•	,
Programs	Shepell EFAP Work, Health, Life and Counselling support	Shepell EFAP Work, Health, Life and Counselling Support	Shepell <u>EFAP Work, Health, Life</u> and Counselling Support Services	Shepell <u>EFAP Work, Health,</u>
and	services	Services	and Counselling Support Services	Life and Counselling Support
			SunLife Extended Health Plan	<u>Services</u>
Supports	30 Day Mindfulness Challenge	30 Day Mindfulness Challenge	Psychological services	Constite Forten ded Health Dien
		Mental Health Literacy		SunLife Extended Health Plan Psychological services
	Mental Health Literacy Programming	Programming	Work Reintegration and	1 Sychological Schulces
	The Working Mind	The Working Mind     Magnetal Health First	Accommodation Program	Work Reintegration and
	Mental Health First	<ul> <li>Mental Health First</li> <li>Aid</li> </ul>	30 Day Mindfulness Challenge	Accommodation Program
	Aid	• ASIST		
	<ul> <li>ASIST</li> </ul>		<u>Vacations and Leaves</u>	<u>Paid Sick Leave</u>
			Demonal Abanas Turks	
	Thrive	30 Day Mindfulness Challenge	Personal Absence Tracker	<u>Unpaid Sick Leave</u>
	30 Day Mindfulness Challenge Not Myself Today Campaign	Not Myself Today Campaign	Helping Staff and Faculty in	Long Term Disability
	Healthy Workplaces Initiative	not mysen roady campaign	Distress (UBC's Orange Folder)	Long Term Disability
	Staff and Faculty Sports Day	Vacation and leaves		
	Pick Your Peak Stair Challenge	Childcare Resources	<u>Human Resources</u>	Human Roseurcos
	Recreation Opportunities	<u>crinacare resources</u>	Advisor/Faculty Relations	Human Resources Advisor/Faculty Relations
	<u>UBC Perks</u>	Equity and Inclusion Office	Sexual Violence Prevention Office	ranson racial metalions
	Recreation opportunities Food and Nutrition		Sexual Violence i revention office	Sexual Violence Prevention
	LinkedIn Learning		Independent Investigations	Office
	Equity and Inclusion Office		Office	
	UBC's United Way Campaign		Equity and Inclusion Office	Independent Investigations
	<u>Professional Development at</u>		Equity and inclusion office	Office
	<u>UBC</u>			
	<u>Tuition Waivers</u>			
Resources	Healthy UBC Newsletter	Healthy UBC Newsletter	Helping Staff and Faculty in	Helping Staff and Faculty in
			Distress (UBC's Orange Folder)	<u>Distress (UBC's Orange Folder)</u>
	Benefits FYI	Benefits FYI		
			Respectful Workplace	Respectful Workplace
	<u>Virtual Health Assessments</u>	<u>Virtual Health Assessments</u>	<u>Environment</u>	<u>Environment</u>
	LIDC's Wallbains Stratesis	LIDC's Wellhoing Stratesis		Response to At- Risk Behavior
	<u>UBC's Wellbeing Strategic</u> Framework	UBC's Wellbeing Strategic Framework	<u>Life Events</u>	Policy SC013
		<u>Life Events</u>		

## Mental Health Continuum Model

