

The Mental Health Continuum  
 UBC Programs and Resources  
 Audience: All **UBC Vancouver** Faculty and Staff

|             | Healthy<br><i>(Promotion &amp; education)</i>  | Reacting<br><i>(Prevention &amp; management of risk)</i>  | Injured<br><i>(Illness support, management &amp; accommodation)</i>   | Ill<br><i>(Illness support, management &amp; accommodation)</i>  |
|-------------|--|---|---|--|
| Department  | Health, Wellbeing and Benefits<br><a href="http://hr.ubc.ca/health-and-wellbeing">hr.ubc.ca/health-and-wellbeing</a>   |   | Workplace Health Services<br><a href="http://hr.ubc.ca/health-and-wellbeing/working-injury-illness-or-disability">hr.ubc.ca/health-and-wellbeing/working-injury-illness-or-disability</a><br>HR Advisory Services<br><a href="http://hr.ubc.ca/contact/contact-advisory-services">hr.ubc.ca/contact/contact-advisory-services</a>   |  |
| Description | Empowering faculty, staff, retirees and workplaces to champion their health and wellbeing through the creation of healthy, thriving and productive communities at UBC.<br><br>Supporting education and training towards mental health literacy for all individuals and workplaces: knowing when, where, and how to seek help for ourselves and others when facing challenges.  |   | Providing injured or ill faculty and staff with information and services to support their needs to keep working or return to work while managing a medical impairment or disability.<br><br>Supporting managers and administrators with expertise in HR issues, such as interpreting collective agreements, staff management concerns, and employee relations.  |  |
| Programs    | <a href="#">EFAP Work, Health, Life and counselling support services</a><br><a href="#">Employee Benefits</a> <ul style="list-style-type: none"> <li><a href="#">Life Events</a></li> </ul> Healthy UBC Initiatives: <ul style="list-style-type: none"> <li><a href="#">Wellbeing workshop Series</a></li> <li><a href="#">UBC Thrive</a></li> <li><a href="#">Not Myself Today Campaign</a></li> <li><a href="#">Mental health and wellbeing workshops</a></li> <li><a href="#">Staff and Faculty Sports Day</a></li> <li><a href="#">Pick Your Peak Stair Challenge</a></li> <li><a href="#">30-Day Online Mindfulness Challenge</a></li> <li><a href="#">Healthy Workplace Initiatives Program (HWIP)</a></li> </ul> <a href="#">UBC Perks (discounts and deals)</a><br><a href="#">Recreation Opportunities</a><br><a href="#">Food and Nutrition</a><br><a href="#">LinkedIn Learning</a><br><a href="#">Equity and Inclusion Office</a><br><a href="#">UBC's United Way Campaign</a><br><a href="#">Career Development at UBC</a><br><a href="#">Tuition Waivers</a> | <a href="#">EFAP Work, Health, Life and counselling support Services</a><br><a href="#">Employee Benefits</a> <ul style="list-style-type: none"> <li><a href="#">Life Events</a></li> <li><a href="#">Provisions for Psychological Services</a></li> </ul> <a href="#">Occupational and Preventive Health Program</a><br><a href="#">Ergonomic Assessments</a><br><a href="#">Travelling Health Fair</a><br><a href="#">Virtual Health Fair – Online assessment tools</a><br><a href="#">Mental health and wellbeing training programs</a> <ul style="list-style-type: none"> <li>The Working Mind training</li> <li>Mental Health First Aid</li> <li>QPR Suicide Intervention Training</li> </ul> <a href="#">UBC Thrive</a><br><a href="#">Not Myself Today Campaign</a><br><a href="#">30-Day Online Mindfulness Challenge</a><br><a href="#">Vacation and Leaves</a><br><a href="#">Childcare Services</a><br><a href="#">Breastfeeding Friendly Spaces</a> | <a href="#">EFAP Counselling Services</a> <ul style="list-style-type: none"> <li>EFAP People Leader Consultations</li> </ul> <a href="#">Employee Benefits</a> <ul style="list-style-type: none"> <li><a href="#">Provisions for Psychological Services</a></li> </ul> <a href="#">Assisting Colleagues in Distress (UBC's Orange Folder)</a><br><a href="#">Working with an Injury, illness or disability</a><br><a href="#">Ergonomic Assessments</a><br><a href="#">30-Day Online Mindfulness Challenge</a><br><a href="#">The Working Mind: Workplace mental health training for managers and employees</a><br><a href="#">Vacation and Leaves</a><br><a href="#">Attendance Management FAQ's</a> | <a href="#">EFAP Counselling Services</a><br><a href="#">Employee Benefits</a> <ul style="list-style-type: none"> <li><a href="#">Provisions for Psychological Services</a></li> </ul> <a href="#">Assisting Colleagues in Distress (UBC's Orange Folder)</a><br><a href="#">Working with an Injury, illness or disability</a><br><a href="#">Paid Sick Leave</a><br><a href="#">Unpaid Sick Leave</a><br><a href="#">Long Term Disability</a> |
| Resources   | <a href="#">Healthy UBC Newsletter</a><br><a href="#">Virtual Health Assessments</a><br><a href="#">UBC's Wellbeing Strategic Framework</a>  | <a href="#">Mental Health Resources &amp; Information (i.e., Internal &amp; External)</a><br><a href="#">Mental Health Resources for Managers</a>   | <a href="#">Human Resources Advisor/Faculty Relations Manager</a><br><a href="#">Sexual Violence Prevention &amp; Response Office</a><br><a href="#">Independent Investigations Office</a><br><a href="#">Mental Health Resources for Managers</a>  | <a href="#">Human Resources Advisor/Faculty Relations Manager</a><br><a href="#">Sexual Violence Prevention &amp; Response Office</a><br><a href="#">Independent Investigations Office</a><br><a href="#">Mental Health Resources for Managers</a>   |

## Mental Health Continuum Model

