



February 21, 2025

Secretary-Treasurers

Dear Union Family:

**Subject: Workplace Stress Roundtable & Mental Health First Aid 2025**  
**Part I - OH&S Roundtable on Workplace Stress (one day)**  
**Part II - Mental Health First Aid Basic - MHCC (two days)**

Workplace hazards such as unsafe work, workload, violence, bullying and harassment, and workplace conflict can have a significant impact on workers' mental health and well-being. And without question, the COVID-19 pandemic, wildfires, heat domes, floods, and the opioid crisis are all contributing to higher levels of stress and tension in our members' workplaces.

To assist you in this vital work, HEU is inviting you to participate in a roundtable on workplace stress and a course on mental health first aid. **The Workplace Stress Roundtable and Mental Health First Aid Basic** is designed for local executive members, stewards, and joint OH&S committee members.

In Part I, HEU wants to hear from you about how stress and mental health is impacting members in your workplace: What are you hearing from our members? Are you being called upon to support members who are experiencing a decline in their mental well-being? How do you respond? This one-day roundtable will take place in person.

In Part II, you will participate in the two-day **Mental Health First Aid (MHFA) Basic Course** developed by the Mental Health Commission of Canada. The course is designed to provide you with the confidence and tools to identify potential mental health crises and assist workers to get the help they need. The course will be delivered in person over two days.

Participants are expected to attend all three days. **Please note:** that applicants must be living in the Interior Region.

WORKSHOP DATE	LOCATION	APPLICATION DEADLINE
May 13 to 15, 2025	Coast Capri Hotel Kelowna	March 21, 2025

Workplace Stress Roundtable and Mental Health First Aid Basic:

### **Part I HEU OH&S Roundtable on Workplace Stress (1 day)**

In this one-day roundtable participants will:

- Discuss their experiences with workplace stress
- Explore workplace conditions that contribute to stress
- Examine actions members and the union can take at the local, regional, and provincial levels to address the problems present system-wide

### **Part II The Mental Health Commission of Canada – Mental Health First Aid (MHFA) Basic Course (2 days)**

Research has shown that this evidence-based course offers significant positive impacts for participants and their workplaces, communities, and families, namely:

- Significantly greater recognition of the most common mental health problems
- Decreased social distance from people with mental health problems
- Increased confidence in providing help to others
- Improved mental health of the MHFA participant

The course does not train people to be therapists, counsellors, or mental health professionals. The philosophy behind MHFA is that a mental health crisis, such as suicidal and self-harming actions, may be avoided through early intervention. If a crisis does arise, a MHFA trained person in the workplace can take action that may reduce the harm that could result.

The completed application form (attached and, also available at [www.heu.org](http://www.heu.org)) must be submitted before the date listed in the table by email at [OHSapplications@heu.org](mailto:OHSapplications@heu.org) or fax at 604-739-1510.

Space is limited so we may not be able to accept all applications. You will be contacted to let you know whether or not your application was accepted. Successful applicants will be required to apply for leave of absence for union business.

If you have any questions, please email [OHSapplications@heu.org](mailto:OHSapplications@heu.org) or by phone at 604-456-7158 or toll free 1-800-663-5813 ext. 7158.

In solidarity,

A handwritten signature in black ink, appearing to read "Bueckert", with a stylized, cursive script.

**Lynn Bueckert**  
Secretary-Business Manager

Attachment

cc: Chairpersons  
Provincial Executive  
Reps and Directors