

Free Online Mental Health-Related Trainings for Staff and Faculty

- [MyBC Human Resources Trainings](#)
 - On Demand Webinar Trainings (from DES):
 - [Stress Management](#)
 - [Depression and Anxiety: Relationship to Stress](#)
 - [Anger Management](#)
 - [Suicide Prevention](#)
 - Suicide Prevention Resources:
 - Handout: [Help Prevent Suicide - LEARN \(Model\) Saves Lives](#)
 - Handout: [The Role of Managers in Preventing Suicide in the Workplace](#)
 - Handout: [A Manager's Guide to Suicide Postvention in the Workplace](#)
 - Website: [988 Lifeline](#)

* The links for "self-care webinar" and "further resources and information on mental health and other concerns" no longer work

- [EAP Website](#)
 - Access with code: BC
 - Under the "[Balancing](#)" tab, there are pages of resources covering topics including mental health, grief and loss, personal growth, communicating, and addiction and recovery. Each page has a selection of resources organized by media type, including articles, audio, and online seminars and topic categories on the right hand side. Some resources are self reflective while others are aimed at understanding/providing support to others.
 - Here are a handful of training options that jumped out
 - [Mental Health](#)
 - Online Seminar: [Breaking the Silence \(World Suicide Prevention Day\)](#)
 - Online Seminar: [Managing Workplace Stressors](#)
 - Online Seminar: [Mental Health Drive Performance \(for Employees\)](#)
 - Online Seminar: [Mental Health: Making a Difference Together](#)
 - Online Seminar: [Self-Care: Remaining Resilient](#)
 - Article: [Being There for Your Friends](#)
 - Article: [Child and Adolescent Mental Health](#)
 - Article: [Help for Mental Illness](#)
 - Article: [Helping Someone Who Isn't Okay](#)
 - Article: [Self-Care Strategies for Today's Busy Employees](#)
 - Article: [Suicide Prevention in the Workplace](#)
 - Article: [Take Care of Your Mental Health](#)
 - [Personal Growth](#)
 - Online Seminar: [Building Better Mental Health](#)
 - Online Seminar: [Building Resiliency 101](#)
 - Online Seminar: [Emotional Wellness: Building Mental Health](#)
 - Online Seminar: [Healthy Mind Toolkit](#)
 - Online Seminar: [Self-Care: Remaining Resilient](#)
 - Article:

- Article: [Emotional Wellness Toolkit](#)
 - Article: [Good Mental Health](#)
 - Article: [Good Mental Health at Every Age](#)
 - Article: [Mental Health: Refocus your Thinking](#)
 - Article: [Prioritizing Minority Mental Health](#)
 - Article: [Stress and Your Body](#)
 - Article: [What is Mental Health?](#)
- [Grief and Loss](#)
 - Online Seminar: [Bereavement: Coping with Loss](#)
 - Online Seminar: [Self-Care: Remaining Resilient](#)
 - Article: [Being Supportive to Someone Who Has Experienced Trauma](#)
 - Article: [Complicated Grief](#)
 - Article: [Dealing with Difficult Emotions](#)
 - Article: [How to Listen to Someone Who is Hurting](#)
- [Washington State Department of Enterprise Services](#)
 - DES [On Demand Webinars](#):
 - Mindful Mondays:
 - [Mindful Monday: What Is Mindfulness](#)
 - [Mindful Monday: Breathwork](#)
 - [Mindful Monday: Body Scan](#)
 - [Stress Management](#)
 - [Suicide Prevention: What you Need to Know](#)
 - [Depression and Anxiety: Relationship to Stress](#)
- LinkedIn Learning
 - Mental Health in the Workplace
 - [Improving Your Mental Health at Work](#)
 - [Realistic Strategies to Talk about Mental Health at Work](#)
 - [Three Steps to Mental Well Being at Work](#)
- [Mental Health America](#)
 - MHA has posted recordings of their webinars on [YouTube channel](#).
 - [Campus Mental Health Matters: Urgent Youth Town Hall](#)
 - [Mental Health Disabilities on Campus: Student-driven Priorities for Change](#)
 - [Culture and Community: Impacts on BIPOC Mental Health](#)
 - [How do I Prioritize my Mental Health while Parenting?](#)
 - [Connecting Your Mind, Body, and Surroundings: Nature as a Form of Healing](#)
 - [Path Forward for Education Leaders: Mental Health and its Impacts on Students](#)
 - [Black Joy: Impacting the Mental Health of Black Communities](#)
 - [Being More Intentional about our Mental Health](#)
 - [Back to Basics: Impact of Culture on Mental Health Conversations](#)
- [National Institute of Health](#)
 - NIH offers some on demand mental health webinars
 - [Guided Visualization: Dealing with Stress](#)
 - [NIMH Expert Dr. Krystal Lewis Discusses](#)

- [Keeping Relationships Healthy](#)
- [Anxiety, Relaxation Exercises, Psychological Health](#)