



# WORKPLACE MENTAL HEALTH & PSYCHOLOGICAL SAFETY CONSULTING SERVICES

## Transform Workplace Culture and Productivity with Mental Health Support

Small steps toward mental health and safety today can yield lasting impacts on your team’s well-being and your business’s success.

Since 2021, go2HR has partnered with the Canadian Mental Health Association BC Division to deliver [free, practical support](#) in workplace psychological health and safety. Our services are specifically designed to help tourism and hospitality employers foster resilient teams, reduce burnout, and improve overall workplace culture.

### What We Offer:

KEY FOCUS AREAS	STRATEGIES
Expert Guidance & Resources	Our consultants, focused exclusively on workplace mental health and safety, are here to answer questions and provide actionable advice—at no cost to you.
Build a Culture of Care	Receive support in establishing a workplace culture that prioritizes psychological health and safety.
Seamless Integration	Get help embedding mental health best practices into existing health and safety programs.
Presentations & Events	Support for impactful wellness events like Employee Wellness Fairs, and customizable mental health and safety training.
Assess and Elevate Mental Health	Use our PH&S Pulse Check to pinpoint workplace mental health strengths and gaps. Consult with us to set priorities and create a tailored action plan for your business.
Mental Health Training	Review our wide selection of mental health training for workers and supervisors to foster a psychological safe workplace.

### Take the First Step Today!

[Contact our Workplace Mental Health & Psychological Safety Consultants](#) for a free consultation and start fostering a safer, more supportive workplace that empowers your team to thrive.