



Mental Health **Toolkit** for Elected Officials

The Mental Health Toolkit for Elected Officials (Toolkit) is a new program offered by UBCM, which was established to enhance access to mental health education, supports, and resources for local elected officials throughout British Columbia.

The Toolkit adopts a preventative, capacity-building, and responsive approach to mental health and wellbeing. Through a combination of continuing education, peer support, and access to professional mental health services, the Toolkit supports elected officials in sustaining personal resilience and effective leadership during their time in office.

Access to the Toolkit is available to all BC local elected officials and is a fully subsidized program, with no cost to local governments or elected officials.

Program Goals

The Toolkit aims to:

- Remove barriers to mental health supports and tools
- Improve mental health literacy
- Reduce stigma associated with seeking mental health support
- Enhance individual resilience, coping strategies, and self-awareness
- Increase early intervention and access to appropriate supports
- Strengthen peer connection and shared learning

Through participation in the Toolkit, elected officials will be able to:

- Access high-quality online learning modules and curated resources tailored to the realities of elected office
- Develop skills to manage stress, conflict, and emotionally complex situations
- Recognize signs of mental health challenges in themselves and others
- Access professional mental health supports when needed

Mental Health Toolkit Components

Component 1 – Continuing Education

Focusing on proactive learning, awareness, and skill development tailored specifically to elected officials, UBCM will offer:

- A centralized learning portal through the BC Local Government Learning Hub which will offer self-paced modular learning focused on mental well-being.
- Regularly scheduled UBCM-hosted webinars addressing emerging issues related to mental health and wellbeing.

The curriculum will focus on mental health and well-being, healthy, safe and respectful workplaces and personal health and resilience.

Component 2 – Application Based Mental Health Coverage

Elected officials will be able to apply to participate in two fully subsidized mental health support services: Employee and Family Assistance Plan and Mental Health First Aid Essentials Training.

Employee and Family Assistance Plan (EFAP)

Through the Toolkit, interested elected officials will have access to EFAP. Through Homewood Health, participants will have access to confidential counselling services, as well as a comprehensive online resource portal featuring tools, information, and supports to help individuals manage and maintain their mental health and wellbeing.

Mental Health First Aid Essentials Training

The Toolkit will offer Mental Health First Aid Essentials training in partnership with Pacific Blue Cross. Training sessions will be offered virtually throughout the year based on participant interest.

Mental Health First Aid equips participants with the knowledge and skills to recognize signs of mental health challenges, respond with confidence and compassion, and connect individuals to appropriate resources and supports. Participants learn how to identify changes in behaviour, engage in supportive conversations, and provide initial assistance to someone experiencing a mental health concern or crisis.

All program components are fully subsidized and available at no cost to participating elected officials.

Next Steps

The Toolkit is anticipated to launch in January 2027, with additional details regarding registration and the application process to be released following the 2026 local government election. Elected officials interested in participating are encouraged to sign up to UBCM's newsletter: The Compass for future program announcements and application information.

Questions regarding the Toolkit may be directed to:

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