

Supporting mental health, resilience, and healthier school workplaces

SBCI's Mental Health & Well-Being services help school boards strengthen psychological safety, reduce stigma, and build resilience, supporting employee well-being and sustainable workplace environments that enable student success.

Mental Health & Well-Being Services

Mental health challenges have a growing impact on attendance, performance, and workplace sustainability.

SBCI supports boards by:

- ✓ Promoting psychological health and safety at work
- ✓ Supporting early awareness and intervention
- ✓ Reducing stigma around mental health in the workplace
- ✓ Integrating mental health considerations into attendance, disability, and accommodation practices

Support is non-clinical and designed to complement existing resources.

Additional Services

Additional SBCI services that support Mental Health & Well-being outcomes:

- ✓ Mental Health First Aid training
- ✓ Attendance Support and early intervention
- ✓ Disability Support and accommodation planning
- ✓ Program evaluations and benchmarking
- ✓ Leadership and staff education sessions

SBCI's Approach

SBCI's Mental Health & Well-Being approach is preventative, practical, and school board-focused.

We work alongside boards to build sustainable mental health practices that are embedded into workplace systems and culture.

Our approach emphasizes:

Prevention, promotion, and workplace support

Education and awareness for leaders and staff

Practical tools aligned with organizational readiness

Continuous improvement informed by feedback and evaluation

Support is flexible and responsive, aligned to the needs and capacity of each board, and designed to complement existing internal expertise rather than replace it.

This approach helps boards strengthen safety practices while managing risk effectively.



Our Purpose

SBCI is dedicated to guiding school board Members with informed workplace solutions, grounded in excellence and focused on supporting employee well-being as a foundation for student success. Through expert, proactive, and school board-focused services, we support safer, healthier, and more innovative work environments across the education sector.



Expected Outcomes

- ➔ **Improved awareness and confidence** in addressing mental health
- ➔ **Earlier support** and reduced escalation
- ➔ **Stronger** workplace resilience and culture
- ➔ **Better alignment** with attendance and disability supports
- ➔ **Reduced mental health-related absences** over time

Together, these outcomes support healthier workplaces, reduced disruption, and sustained capacity to support student learning.

Connect with SBCI

— info@sbci.org