



# SAFETY ALERT OF THE MONTH

PLEASE SHARE THIS INFORMATION

## Mental Health Support for BC Forestry Workers – Because Mental Health Matters

AOM: 2026-01-20

In Canada, mental health is the #1 cause of disability claims. More than 500,000 Canadians are currently unable to work due to mental health challenges. But with research showing that more than 50% of working Canadians with mental health struggles are reluctant to disclose it to their employer or co-workers, it begs the question, how many of us are struggling without support because of stigma?\*

The forestry industry faces unique challenges, and recent economic uncertainty has amplified mental health concerns for many workers. To help address this, the BC Forest Safety Council (BCFSC) has partnered with the BC Association of Clinical Counsellors (BCACC) to offer a free, call-in service called **Connection to Care**.

Connection to Care provides BC forestry workers with access to qualified mental health professionals, including Registered Clinical Counsellors (RCCs) and supervised graduate-level practicum students. The program began through a partnership between the BC Municipal Safety Association and BCACC to support local government workers but has expanded to include the forestry sector. The program is now **available to all BC forestry workers**, no matter your role, experience or sector. Whether you work in silviculture, harvesting, log hauling, sawmills or wood-pellet operations **in any capacity**, you can call. It's free, anonymous and confidential and provides compassionate listening, confidential conversations, and guidance to helpful resources or referrals for longer-term support if needed.

\*Source: [Canada Life \(2024\) / Canadian Occupational Safety](#)

### Connection to Care Mental Health Support Program

- **Accessible Support:** Call **778-247-2273 (CARE)** to speak with a trained mental health professional. The service is available Monday to Friday, 8:00am to 8:00pm (PST).
- **Free, Anonymous & Confidential:** Available to **all forestry workers across British Columbia**.
- **Immediate Help:** You do not need to be in crisis to use this service.
- **Qualified Care:** Support provided by RCCs and clinically supervised practicum students.
- **Purpose:** To help prevent mental health challenges from escalating and supporting healthier, safer workplaces.

If you or someone you work with can use this service, please do not hesitate to call today. You don't need to struggle alone, sometimes a conversation is all it takes.



MONDAY - FRIDAY 8AM - 8PM  
778-247-2273 (CARE)



Connection to care is a **FREE** phone service providing anonymous and confidential support to BC Forestry workers.

A PARTNERSHIP BETWEEN:





Your mental health and wellbeing matters.  
[ConnectionToCare.ca](#)





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## Resources:

- [Downloadable 11"x17" Poster](#) (can also be printed 8.5" x 11")
- [Connection to Care Website](#)
- [BCFSC Connection to Care Webpage](#)
- [Canada Life \(2024\) / Canadian Occupational Safety](#)

## BCFSC Latest News & Resources

**[New Course – Blasting Techniques](#)** - This free online course is one of three included in the Forestry Blasting Program, it provides a comprehensive overview of safe and effective blasting practices. Participants will learn pre- and post-blast procedures, how to develop detailed blasting plans, and essential safety measures. The course also covers the types of explosives, initiation systems, and their proper use to ensure controlled and efficient forestry blasting operations.

**[Forest Safety News](#)** – read the latest issue of the FSN

**[FIRS App](#)** – The full version of the BCFSC FIRS App is now available to download from your App store. Use the FIRS App manage forms and documents for safety-related paperwork related to SAFE Companies and COR audit forms management.

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**BCFSC 2026 In-person Training:** In-person courses can also be delivered by request. Click [here](#) to learn more.

**[April 7 - 10 | Falling Supervisor – Prince George](#)**

Participants will learn the roles and responsibilities of a falling supervisor and will become familiar with processes used by a falling supervisor to support their due diligence.

**[April 8 - 9 | Due Diligence for Forest Supervisors – Campbell River](#)**

This two-day classroom workshop will equip supervisors with knowledge of their legal responsibilities and how to prove due diligence.

**[April 10 | Basics of Incident Investigation – Campbell River](#)**

This course provides a basic understanding of the methods, tools, and processes needed to conduct an incident investigation.

**[April 14 - 17 | Falling Supervisor – Nelson](#)**

Participants will learn the roles and responsibilities of a falling supervisor and will become familiar with processes used by a falling supervisor to support their due diligence.

**[April 15 - 16 | Due Diligence for Forest Supervisors – Kamloops](#)**

This two-day classroom workshop will equip supervisors with knowledge of their legal responsibilities and how to prove due diligence.

**[April 17 | Basics of Incident Investigation – Kamloops](#)**

This course provides a basic understanding of the methods, tools, and processes needed to conduct an incident investigation.

**[April 22 - 23 | Due Diligence for Forest Supervisors – Prince George](#)**

This two-day classroom workshop will equip supervisors with knowledge of their legal responsibilities and how to prove due diligence.

**[April 24 | Basics of Incident Investigation – Prince George](#)**

This course provides a basic understanding of the methods, tools, and processes needed to conduct an incident investigation.



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## **May 6 - 7 | [Due Diligence for Forest Supervisors – Golden](#)**

This two-day classroom workshop will equip supervisors with knowledge of their legal responsibilities and how to prove due diligence.

## **May 8 | [Basics of Incident Investigation – Golden](#)**

This course provides a basic understanding of the methods, tools, and processes needed to conduct an incident investigation.

Refer to the [Training section](#) for more information on upcoming classroom training and costs.

## **Worker Assessment and Training**

Each forestry occupation requires different knowledge and skillsets to perform the job at hand. BCFSC worked with industry to develop competency-based standards, training, and assessment tools to help employers evaluate workers and complete on-the-job training.

Take a look at our [FREE assessment forms](#) for Basic Forest Workers, Yarding, Mechanized Harvesting and Road Building.