



Opening Minds at Work: Checking in with a Colleague



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Checking in with a Colleague is a self-paced course that helps employees notice when a colleague's mental health may be shifting and to respond with care and confidence. The course offers a focused exploration of the Mental Health Continuum Tool. Learners deepen or refresh their understanding of the tool, recognize signs of change in others, understand where someone may fall on the continuum, and practice supportive, respectful check-ins that encourage appropriate help-seeking.



Opening
Minds

MENTAL HEALTH
COMMISSION
OF CANADA



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Recommended for:

Ideal for employees across office, remote, frontline, and leadership roles.



Format:

E-Course, Self-Paced



Course length:

~ 60 minutes



Other adaptations available:

Opening Minds at Work: Checking in with Yourself.



Course Features

- Focused, self-paced learning.
- Practical application of the Mental Health Continuum Tool.
- Skill-building for supportive conversations.
- Real-world relevance across roles and work environments.
- Ideal standalone or refresher training for those reconnecting after Mental Health First Aid or The Working Mind.



Key Learning Outcomes:

Participants will:

- Identify indicators of positive, declining, and poor mental health.
- Recognize where someone may be located on the mental health continuum.
- Build confidence in encouraging colleagues to seek mental health supports.
- Appreciate when to share observations with appropriate colleagues for follow-up.



Tone and Approach

The course uses a supportive, non-judgmental tone to model respectful and realistic workplace conversations. It focuses on practical, relatable examples and avoids clinical language or diagnostic framing.

The approach is strengths-based and empowering, helping learners feel capable of taking small, appropriate actions without needing to solve others' problems.

Starting from:

\$75 CAD per person

A bundle of Checking in with Yourself and Checking in with a Colleague is available for \$125. Groups looking to purchase courses for more than 8 participants should contact our Engagement team who can provide support in building a plan to meet the needs of individual organizations.

Email solutions@openingminds.org to get started.