



About BCACC

The BC Association of Clinical Counsellors (BCACC) is the largest association of clinical counsellors in BC with over 6000 Registered Clinical Counsellors (RCCs).

We are a trusted source for mental health professionals, resources and education.

Our vision: making mental health and well-being a health priority.

Help your employees **climb mountains**, not carry them.

Registered Clinical Counsellors (RCCs) are here to help.

As the largest association of clinical counsellors in British Columbia with over 6000 RCCs across the province, we can help you access timely, affordable and accessible counselling services.

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Workplace Mental Health

How employers can help



Top Mental Health Concerns

Workers report in 2023

✓ Anxiety & Depression

✓ Burnout/Job-related stress

✓ Trauma

65% of workers state they feel their mental health "very much" negatively impacts work performance.

We surveyed Registered Clinical Counsellors to identify the top issues clients present with.

Respondents overwhelmingly report that limited benefits coverage is a significant barrier to accessing mental health support and that more organizational investment is needed to help employees thrive.

How employers can help

01. Offer benefit options that include Registered Clinical Counsellors

With over 6000 RCCs across BC, help is more widely accessible, with fewer wait times & more affordability than other mental health professionals

02. Prioritize connection, professional development, and work/life balance

Foster relationships, model boundaries, and encourage employees to explore personally meaningful opportunities for growth, both at and outside of work

03. Provide adequate benefits coverage with increased limits for the number of sessions an employee is entitled to

Most benefits plans limit counselling to 4-6 sessions, but clinical counsellors report needing a minimum of 10-20 sessions to see positive and measurable outcomes

04. Create the culture

Let employees know it's okay to reach out for help and be prepared with resources

05. Promote counselling as part of a wellness routine; not just something to seek when in crisis

Bring clinical counsellors into the workplace to provide workshops and training opportunities that normalize conversations about mental health

At BCACC, we know the past few years have presented many challenges for employers, human resource professionals, and their teams.

Don't let access to counselling be one of them.

