



## TBDHU Workplace Wellness Update for Thunder Bay and District

November 14, 2025

### Small Effort. Giant Impact!



Partners of the Superior Mental Wellness @ Work project are excited to launch a new multi-media campaign to help make work a safe place to talk about mental health!

Listening, offering support and showing understanding may not take much effort, but doing so cultivates a work environment that enables people to feel valued and cared for.

Visit the campaign website at: [TBDHU.com/giant-impact](https://TBDHU.com/giant-impact) to watch the campaign video and to review the positive actions that workplace leaders and coworkers can take to respond to mental health concerns. The website also features a suite of helpful resources to encourage providing support when an employee is struggling.

Together, let's make a giant impact!

- Help us to promote the campaign:
- Share the campaign website: [TBDHU.com/giant-impact](https://TBDHU.com/giant-impact)
- Encourage coworkers to watch the [campaign video](#)
- Hang up [posters](#) in a staff room or on bulletin boards
- Review the [Positive Actions for Leaders When Responding to Employee Mental Health Concerns tip guide](#) and share with others in your organization
- Like, comment, share the campaign social media posts
- Talk it up! Promote the campaign to your formal and informal networks!

[Visit the Small Effort, Giant Impact! webpage](https://TBDHU.com/giant-impact)



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*If you're looking for support to build a healthy workplace program, TBDHU can help!  
Our team of workplace wellness experts supports organizations with developing a  
Comprehensive Workplace Health Program based on each workplace's unique needs. All services are free!  
For more information, visit [TBDHU.com/workplaces](https://TBDHU.com/workplaces), call 807-625-5900, or email [workplacewellness@tbdhu.com](mailto:workplacewellness@tbdhu.com).  
For links and resources to support mental wellness at work, visit [SuperiorMentalWellnessAtWork.com](https://SuperiorMentalWellnessAtWork.com).*