



Tel: 604-273-5722 | **Fax:** 604-273-5762 | **Toll Free:** 1-866-273-5766 | **Toll Free Fax:** 1-866-273-5762
105 - 21900 Westminster Hwy., Richmond, BC V6V 0A8
info@apbc.ca | www.apbc.ca

January 27, 2022

Dear Members,

Re: Joint Memo – Introducing *ShiftWell* App to support mental wellness

BCEHS and CUPE 873 (APBC) are pleased to introduce a new resource designed by, and for paramedics, dispatch staff and other front-line employees. The *ShiftWell* app is another tool to help build resiliency, assist in work-life balance and goal setting in work and everyday life. Please click [HERE](#) to view the joint memo in full.

ShiftWell's development included BCEHS' Critical Incident Stress (CIS) peers and coordinators in partnership with APBC representatives led by our Provincial Health and Welfare Director Bob Parkinson, and expert input from trauma-trained psychologists from the BCEHS CIS network.

On behalf of the Provincial Executive Board

In Solidarity,

Troy Clifford
Provincial President
Ambulance Paramedics of BC
CUPE Local 873

TC/sb/Moveup