

# Impacted Workers Supports

Available programs and resources for those impacted by job loss or uncertainty.



## Employment Support

Last Update: February 2026

I need assistance with...	Program	Description
<p>What are next steps for my career?</p> <p>Who can help me update my résumé, apply for jobs &amp; prepare for an interview?</p>	<b>WorkBC Employment Services</b>	<p><b>WorkBC Centres</b> are located across the province to provide individualized employment services. Services and support include personal employment planning, job search services and supports, job placement, wage subsidies, skills training and self-employment.</p> <p><a href="http://www.workbc.ca/">www.workbc.ca/</a></p>
<p>How do I access Employment Insurance (EI), Canada Pension Plan (CPP) or Old Age Security (OAS)?</p>	<b>Service Canada</b>	<p><b>Service Canada</b> helps individuals with questions on EI and with other federal income support programs.</p> <p><a href="https://www.canada.ca/en/services/benefits/ei.html">https://www.canada.ca/en/services/benefits/ei.html</a></p>

## Support for Skills Training & Development

I need assistance with...	Program	Description
<p>I want to start my own business or grow my side-gig. Where do I start?</p>	<b>Build Your Own Future Program</b>	<p><b>Northern Innovation Network -Build Your Own Future Program</b> provides business training, coaching &amp; mentorship, capacity building workshops, and a \$5,000 grant towards startup expenses.</p> <p><a href="http://www.northerninnovation.ca/byof/">www.northerninnovation.ca/byof/</a></p>
<p>How can I get training to prepare me for a new job or industry?</p>	<b>WorkBC Centres</b>	<p><b>WorkBC Centres</b> can help with individuals find funded training opportunities available in their region to help transition them into new jobs.</p> <p><a href="http://www.workbc.ca/discover-employment-services/workbc-centres">www.workbc.ca/discover-employment-services/workbc-centres</a></p>
<p>Who can help me with apprenticeships and certifications?</p>	<b>SkilledTradesBC</b>	<p><b>SkilledTradesBC pre-apprenticeship trades</b> training delivers trades training and employment programs through community service providers, training providers and Indigenous communities.</p> <p><a href="https://skilledtradesbc.ca/">https://skilledtradesbc.ca/</a></p>

Is there a skilled trades-focused organization that can help me with training and career development?	<b>Construction Foundation of BC</b>	The <b>Construction Foundation of BC (CFBC)</b> supports workers by reducing barriers to employment through training, education, and mentorship, focusing on youth, Indigenous communities, and newcomers. They offer programs for driver's license training, mental health support, and career guidance, including the " <a href="#">Road to Red Seal</a> " initiative, which provides direct assistance to apprentices.  <a href="https://cfbc.ca/">https://cfbc.ca/</a>
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## Social Supports

I need assistance with...	Program	Description
I need immediate mental health support.	<b>310 Mental Health Support</b>	310 Mental Health Support (310-6789, no area code required) is a toll-free number connecting callers to a BC crisis line. Offers emotional support, information on appropriate referral options, and a wide range of support relating to mental health concerns.  <a href="http://www.helpstartshere.gov.bc.ca/resource/310-mental-health-support">www.helpstartshere.gov.bc.ca/resource/310-mental-health-support</a>
How can I find resources to help manage my and my family's well-being?	<b>HelpStartsHere Mental Health support</b>	HelpStartsHere is a website that has over 2,600 service listings publicly funded or not-for-profit mental health and substance use supports.  <a href="https://helpstartshere.gov.bc.ca/blog/virtual-mental-health-and-substance-use-supports">https://helpstartshere.gov.bc.ca/blog/virtual-mental-health-and-substance-use-supports</a>
Where can I find free physical and mental health resources for me?	<b>Health Link BC</b>	Health Link BC (8-1-1), available 24 hours a day, seven days a week for non-emergency health advice and to talk to a health services navigator or a registered nurse.  <a href="http://www.healthlinkbc.ca/">www.healthlinkbc.ca/</a>
Where can I get financial planning support?	<b>Credit Counselling Society</b>	Provides free, confidential credit counseling, educational resources on personal finance, and low-cost debt solutions to help people achieve financial well-being.  <a href="http://www.nomoredebts.org/">www.nomoredebts.org/</a>

