

Mental Health Matters



It is important for us all to recognize the importance of mental health.

The most common mental health issues in the workplace are anxiety, depression, and stress.

There are ten primary behaviors we should be on the lookout for:

1. Uncharacteristic behavior
2. Lower levels of engagement
3. Decreases in productivity
4. Changes in sleeping or eating behaviors
5. Disinterest in work or day-to-day activities
6. Increased absence
7. Changes in working patterns
8. Irrational fears, paranoia or anxiety
9. Withdrawal from social situations
10. Substance use/misuse



How can we help?

Awareness

Recognize the importance of mental health.



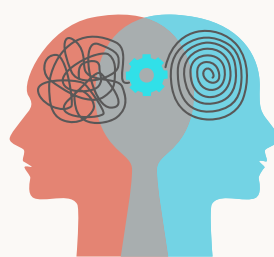
Seek Support

Don't hesitate to reach out for help from friends, family, or professionals.



Stay Active / Self-care

Engage in activities you enjoy to boost mood and overall well-being. Prioritize self-care.



Break the Stigma

Speak openly about mental health to break down stigma and encourage others to seek help.



Reduce Stress

Practice stress-reduction techniques such as meditation or deep breathing exercises.



Stay Informed

Educate yourself about mental health conditions and available resources for support. Contact your Human Resources team for more details.