

TOOLBOX TALK #22

WATCH WORKERS FOR SIGNS OF MENTAL DISTRESS

Mental health distress and illness can negatively affect your safety and well-being. Although everyone experiences stress and trauma differently, common signs can include:

- Arguing more or becoming more easily frustrated with family, friends or colleagues
- Changes in appetite or sleep patterns
- Difficulty focusing or making decisions
- Feeling of being physically or mentally drained
- Feeling sad, lonely, numb or worried
- Increased use of alcohol or drugs



If you aren't feeling like yourself, don't ignore it. Reach out to your supervisor, human resource representative, health care provider or employee assistance program for additional help. You can also watch out for the following signs in your co-workers:

- Disclosure of exceptional stress
- Disclosure of mental conditions including depression and anxiety
- Failure to fulfill major life responsibilities, such as work, school or financial obligations
- Withdrawal from important relationships

Don't make assumptions but do check in and listen with compassion.