

KNOW THE SIGNS

It's important to know the signs that a coworker or loved one may be struggling with their mental health.

We all have a responsibility to act if we are experiencing mental health challenges and for watching out for warning signs in others.

Start by reaching out to the Employee Assistance Program. Don't wait for a problem to escalate into an emergency or crisis. Experts are available 24 hours a day, seven days a week and are just a phone call away.



WHAT TO WATCH FOR:

- ✓ Appearing sad or depressed most of the time
- ✓ Increased tardiness and absenteeism
- ✓ Decreased productivity
- ✓ Increased conflict among co-workers
- ✓ Extreme mood swings
- ✓ Increased use of alcohol and drugs
- ✓ Decreased self-confidence
- ✓ Feeling hopeless and helpless
- ✓ Sleeping too much or too little
- ✓ Acting anxious, agitated or reckless
- ✓ Near hits, incidents, and injuries
- ✓ Withdrawing from family and friends
- ✓ Talking about being a burden to others

WHO TO CALL

United States: 877-422-5532

Canada: 855-522-1217

Mexico: (+52 55) 4209-3210