

When challenges feel bigger than you can carry

World Mental Health Day is Oct. 10.

Stress on the job is real, but sometimes it grows into something more serious. When people take care of their mental health, the whole crew works safer. Check in with yourself and if it's time, reach out for help.



What to know

- These challenges are more common than you think.
- You don't have to deal with it alone, help is available, day or night.
- Getting support doesn't get in the way of work, it helps you do it safer.



How to take action

- Pause before reacting.
- Talk to someone you trust.
- Try a reset. Look around, name five things you can see. It can bring you back to center.
- Get support early. Visit Under the Hat for 24/7, confidential help.

Support is available — for every kind of challenge

Under the Hat is a resource for the everyday pressure and the harder days. Get connected to support for parenting, relationships, burnout or whatever you're carrying. For more complex issues like suicidal thoughts, self-harm or eating struggles, confidential help is available through specialized care like therapy, 24/7 crisis support and more.



**Get connected
now**

Employee Assistance Program (EAP) providers vary from country-to-country and individual benefits packages. Please read the EAP eligibility statements noted within the materials under your country on UndertheHat.com.

CREW SIGNATURES

Project:		Supt:	
Date:		Foreman:	

Topic:

Crew Member Names
