Mental Health

 LET'S TALK ABOUT MENTAL HEALTH!

- Mental Health Awareness is important to a healthy workplace.

- Mental health includes our emotional and psychological well-being. It affects how we think, feel, and act.

WHY IS THIS IMPORTANT?

More than 50% of the people struggling with mental health aren't getting the

help they need.

- We want to build better awareness around mental health.
- We want to reduce stigma around mental illness.
- We want to foster a supportive work culture.
- When we struggle with mental health, it affects our overall wellbeing, can affect our physical health, our relationships, and our work safety.

WHAT CAN WE DO?

1. **Recognize:**
   - Some signs you might be struggling with mental health include increased worry or fear, feeling more sad or low, having trouble with your sleep, or having troubles with concentrating and learning.
   - Some signs someone you know might be struggling include becoming quieter or withdrawn, emotional outbursts, weight changes, or job performance changes.

2. **Reach Out**

   - If you or someone you know may be struggling – please reach out to your EFAP provider as a first step.

Supervisor Crew Talk

Walmsley
SINCE 1994
Being there matters.

To Access Services:
Call: 1-800-481-5511
Email: info@walmsley.ca

West Fraser