



## Canada: Mental Health Week May 10-16 | U.S.: Mental Health Month May

### 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- Some signs someone you know might be struggling include becoming quieter or withdrawn, emotional outbursts, weight changes, or job performance changes.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.

### Here is your EFAP information:

Barwick	NuVantage	<a href="https://www.nuvantage.org">NuVantage.org</a>	1-800-577-4727
Toronto	LifeWorks	<a href="https://www.workhealthlife.com">WorkHealthLife.com</a>	1-844-880-9137
Quebec	BCH Consultants	<a href="https://www.consultantsbch.com">ConsultantsBCH.com</a>	1-800-525-0997
Western Canada	Walmsley	<a href="https://www.walmsley.ca">Walmsley.ca</a>	1-800-481-5511
U.S.	Magellan Ascend	<a href="https://www.magellanascend.com">MagellanAscend.com</a>	1-800-523-5668
U.K.	Spectrum.Life	<a href="https://www.legalandgeneral.com">LegalandGeneral.com</a>	0800 316 9337