

# Mental Health

Industry has made great strides in helping to reduce the stigma attached to mental health. It is up to all of us to eliminate the shame and fear and speak openly about mental health by making it okay to not be okay. Stigma can prevent people suffering with mental health challenges from seeking treatment and reaching their potential by making them feel isolated, weak or hopeless.

Understand the signs and symptoms of mental health issues and how to recognize when someone might be struggling.

## TALK ABOUT MENTAL HEALTH:

- WHY IS MENTAL HEALTH SO IMPORTANT?
- WHAT ARE THE RISK FACTORS?
- WHAT ARE THE COMMON SIGNS AND SYMPTOMS?



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# Mental Health in the Workplace



## WHY IS MENTAL HEALTH SO IMPORTANT?

The workplace can be a positive place that can boost mental health, but it can also be a stressful environment that contributes to mental health issues.

Mental health problems are estimated to cost the Canadian economy more than \$50 billion annually and contribute to lost productivity from absenteeism, reduced work performance and turnover.

## WHAT ARE THE RISK FACTORS FOR MENTAL HEALTH?

- **Trauma.** Traumatic experiences can be any negative experience that profoundly affects a person.
- **Physical health.** Mental and physical health are connected and when your mental health suffers, so does your physical health.
- **Social factors.** Income, education, employment, gender, race, disability, social exclusion and working conditions can all impact mental health.

## WHAT ARE THE COMMON SIGNS AND SYMPTOMS?

- Changes in eating or sleep patterns
- Changes in mood or appearance
- Difficulty coping with stress or concentrating
- Excessive fear, worries, and anxieties
- Isolating and avoiding others
- Feeling tired or having low energy
- Difficulty managing responsibilities
- Having strange beliefs not based in reality
- Hearing or seeing things that aren't there

**If you or someone you know is experiencing a mental health crisis and need immediate medical support, call 9-1-1.**

**Or call a mental health crisis line available throughout BC:**

- **1-800-SUICIDE** for individuals who are or know someone who is having thoughts of suicide. Available 24/7 in up to 140 languages
- **310-Mental Health (310-6789)** for individuals who would like emotional support, information and resources specific to mental health.



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