

MENTAL HEALTH – CRISIS CONTACTS AND RESOURCES

Mental health is essential for well-being, enabling us to handle life's challenges, experience joy, and contribute to our communities. It's as crucial as physical health and influences our thoughts, feelings, and behaviors.

One in five Canadians may face a mental health or substance use disorder in their lifetime, impacting well-being and job performance. Work-related mental health issues often take longer to recover from and lead to more time off than other injuries, resulting in staff turnover, absenteeism, and decreased morale among workers.

KEYS FOR UNDERSTANDING MENTAL HEALTH

- COMMON MENTAL HEALTH ISSUES
- LEARN HOW TO RECOGNIZE SIGNS/SUPPORT
- CRISIS CONTACTS AND RESOURCES



BC Forest Safety

Safety is **good** business

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COMMON MENTAL HEALTH ISSUES

- **Anxiety:** Excessive worry, fear, or nervousness.
- **Depression:** Persistent sadness, hopelessness, or loss of interest in activities.
- **Stress:** Mental or emotional strain caused by demanding situations.
- **Burnout:** Physical, emotional, and mental exhaustion caused by chronic stress.

STIGMA surrounding mental health can prevent workers from seeking help. It's important to remember that mental health issues are treatable, and everyone deserves to receive support.

IMPACT OF MENTAL HEALTH ON THE WORKPLACE

- **Reduced Productivity:** Workers with mental health challenges may struggle to concentrate and fulfil job responsibilities.
- **Increased Absenteeism:** Those facing these issues are more likely to miss work due to stress or illness.
- **Safety Concerns:** Impaired judgment from mental health issues can raise the risk of workplace accidents.
- **Impact on Team Morale:** Mental health difficulties can create a negative atmosphere, affecting team cohesion and morale.

RECOGNIZING SIGNS OF MENTAL HEALTH STRUGGLES

It's important to be able to recognize the signs of mental health struggles in ourselves and in our co-workers. Here are some common signs:

- **Behavioral changes:** Changes in eating habits, sleep patterns, or social interactions.
- **Physical symptoms:** Fatigue, headaches, or digestive problems.
- **Emotional indicators:** Persistent sadness, anxiety, or irritability.

If you or your co-workers have these symptoms, seek help. Many resources are available for mental health support. See the Crisis and Resources QR code below*.

SUPPORTING A MENTALLY HEALTHY WORKPLACE

Prioritizing mental health creates a supportive environment where everyone feels valued and can seek help when needed.

- **Open communication:** discuss mental health issues and concerns with one another.
- **Resources and support:** Review posted and shared mental health resources from your employer, such as employee assistance programs, counseling services, or stress management workshops.
- **Self-care:** prioritize self-care activities, such as exercise, healthy eating, and adequate sleep.

*CRISIS CONTACTS AND RESOURCES

There are many resources available to support individuals in need.

Let's work together to create a mentally healthy and supportive workplace.



www.bcforestsafes.org/wp-content/uploads/2024/12/Crisis-Contacts-and-Resources-Canada-Mental-Health2024.pdf

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