

MENTAL HEALTH MATTERS

CRISIS CONTACTS AND RESOURCES

Mental health is a key part of overall well-being. It helps us cope with life's challenges, find joy, and stay connected to our communities. It's just as important as physical health and affects how we think, feel, and act.

In Canada, one in five people will experience a mental health problem in their lifetime, which can affect both personal well-being and performance at work. Work-related mental health issues often take longer to recover from and can lead to more time away than physical injuries. This can result in higher staff turnover, absenteeism and lower workplace morale.

KEYS FOR UNDERSTANDING MENTAL HEALTH

- COMMON MENTAL HEALTH ISSUES
- HOW TO RECOGNIZE SIGNS AND OFFER SUPPORT
- CRISIS CONTACTS AND RESOURCES
- BCFSC's *CONNECTION TO CARE* PROGRAM



BC Forest Safety

Safety is good business

MENTAL HEALTH MATTERS

CRISIS CONTACTS AND RESOURCES



COMMON MENTAL HEALTH ISSUES

- **Anxiety:** Ongoing worry, fear or nervousness
- **Depression:** Lasting sadness, hopelessness or loss of interest
- **Stress:** Mental or emotional strain from demanding situations
- **Burnout:** Physical, emotional and mental exhaustion from long-term stress
- **Behaviour Changes:** Shifts in eating, sleep or social habits
- **Physical Symptoms:** Fatigue, headaches or stomach issues
- **Emotional Signs:** Ongoing sadness, anxiety or irritability

Stigma around mental health can stop workers from getting help. It's important to know that mental health issues are treatable and everyone deserves support.

IMPACT OF MENTAL HEALTH ON THE WORKPLACE

Workers with mental health challenges may struggle with:

- **Reduced Productivity:** Difficulty focusing or completing tasks
- **Increased Absenteeism:** Higher likelihood of missing work due to stress or illness
- **Safety Concerns:** Impaired judgement can increase workplace accidents
- **Impact on Workplace Morale:** Mental health struggles can negatively affect team unity and cohesion

RECOGNIZING SIGNS OF MENTAL HEALTH STRUGGLES

Being able to spot signs in yourself and others helps create a safer and more supportive workplace. Common indicators include changes in mood, behaviour, performance and communication.

If you or a co-worker show or recognize any signs of mental health struggles, reach out for help. There are many support services available, often at no cost. Refer to the Crisis and Resources information below.

SUPPORTING A MENTALLY HEALTHY WORKPLACE

A workplace that prioritizes mental health helps everyone feel valued and able to seek help when needed.

- **Open Communication:** Talk openly about concerns and experiences
- **Self-care:** Make time for exercise, healthy eating and adequate sleep
- **Resources and Support:** Review employer programs, including employee assistance programs, counselling services or stress management workshops. Take advantage of BCFSC's new Connection to Care Program, a FREE call-in mental health support service for BC's forestry workers.

INTRODUCING BCFSC's CONNECTION TO CARE PROGRAM

BC Forest Safety Council (BCFSC) is proud to announce the launch of **Connection to Care**, a FREE, confidential mental health support phone service available to all BC forestry workers. Print and post the **Connection to Care** poster (11x17) so workers can easily access the **Connection to Care** information.



CONNECTION TO CARE

Call: 778-247-2273 (CARE),
M-F, 8am-8pm or visit
connectiontocare.ca



BCFSC MENTAL HEALTH AND IMPAIRMENT RESOURCES

bcforestsafe.org/resource/mental-health-resources/

Scan the
QR code
and
subscribe
to BCFSC
Crew Talks





**CONNECTION
TO CARE**



MONDAY - FRIDAY 8AM - 8PM
778-247-2273 (CARE)

Your mental health and wellbeing matters.

Connection to Care is a phone service providing **free, anonymous, and confidential support** to local BC government workers and BC forestry workers



HOW DOES IT WORK?

IMMEDIATE SUPPORT

A well trained mental health professional will answer your call, provide you with the opportunity to share your struggles, and listen to your needs.

CONFIDENTIAL

They will support you through compassionate enquiry and conversation. Conversations are 100% confidential so this means you can openly discuss your thoughts, concerns and feelings.

CONNECTED

You will be connected to resources specific to your needs, or be redirected to a longer-term therapist.



WHO IS THIS FOR?

Any BC forestry worker or anyone working for a BC municipality or an organization within WorkSafeBC Classification Unit 753004 Local Government and Related Operations.

You do not need to be experiencing a crisis to use this service

A PARTNERSHIP BETWEEN:



PROUDLY SUPPORTED BY:



Western Forestry Contractors' Association



MONDAY - FRIDAY 8AM - 8PM
778-247-2273 (CARE)



For more information visit connectiontocare.ca