

While managing COVID-19 watch for signs of **MENTAL HEALTH RISK**



The impact stress will have on you depends on your **EXTERNAL SUPPORTS** and **INTERNAL RESOURCES** (e.g., coping skills and resiliency)

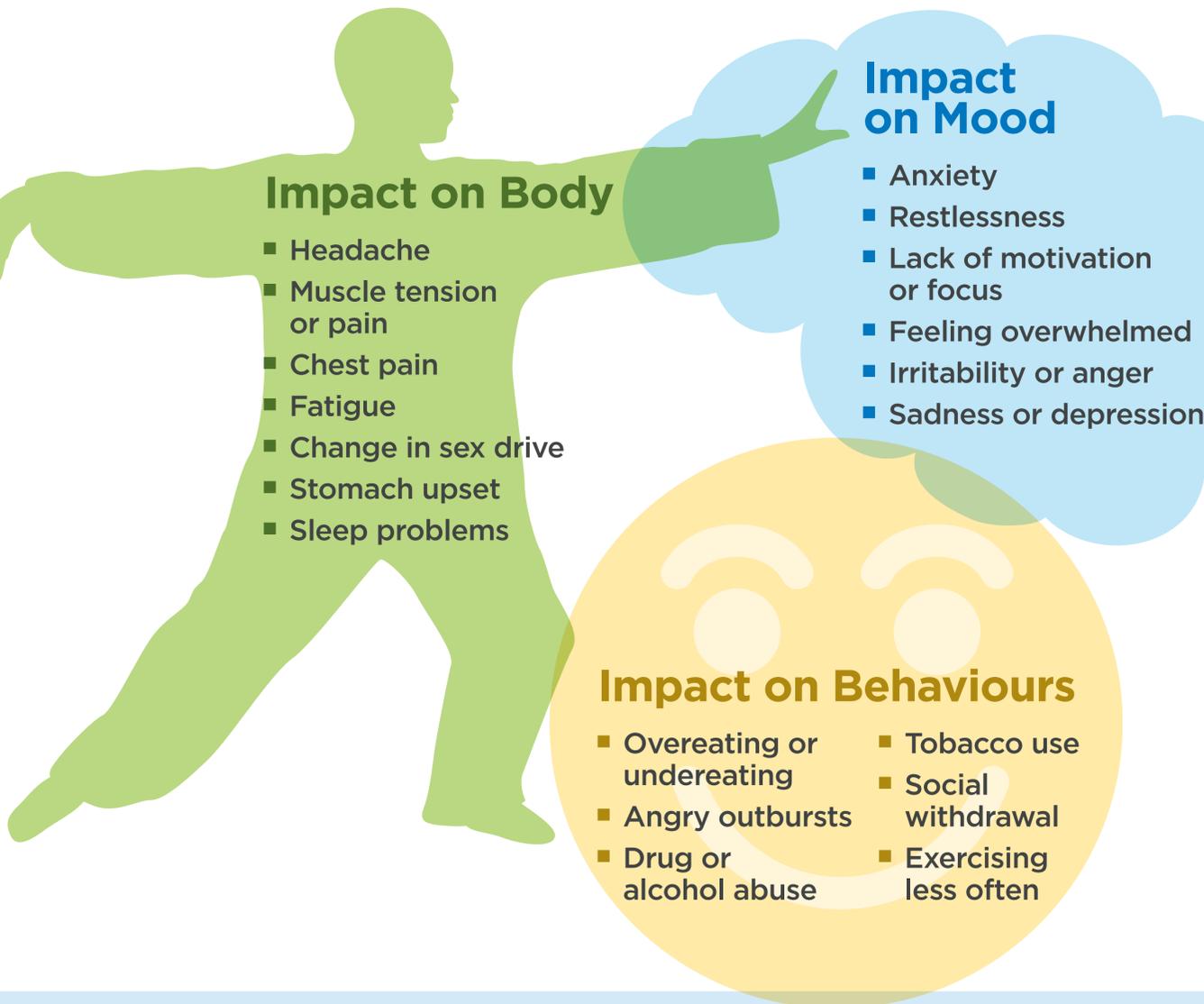
Signs and symptoms indicating Mental Distress:

PHYSICAL

- Muscular tension/headaches
- Upset stomach
- Grinding/clenching teeth
- Difficulty sleeping/fatigue
- Cold hands and feet
- Trembling/shakiness
- Frequent colds, flu, infections
- Rapid loss or gain in weight
- Significant tiredness
- Low energy



Examples of common signs and symptoms when we experience a period of stress.



EMOTIONAL

- Anxiety
- Anger
- Hopeless/trapped
- Out of control
- Guilty/self-conscious
- Apathy
- Feeling of incompetence
- Suicidal thoughts
- Irritability
- Depression



PERSONAL WELL-BEING

- Questioning values
- Loss of purpose and meaning
- Isolating yourself from friends, family, and your community
- Loneliness
- Excessively busy



INTELLECTUAL

- Impaired judgement
- Inability to concentrate
- Easily distracted
- Memory loss
- Excessive worry
- Difficulty making decisions/procrastination



Tips for when and how to get support:

Self

- **CONCERNED**
When you notice the above symptoms and you are feeling distracted, worried and confused about what to do.
- **EXHAUSTED**
You have tried all your options and solutions to feel better and feel mentally overwhelmed
- **READY**
You want to feel better and are willing to talk and ask for help to reach out to your EFAP, local community mental health, crisis line or 911.

Concerned about someone's mental health

- Be patient, caring and non-judgmental.
- Listen; do not challenge or dismiss their feelings.
- Get contact numbers ready for EFAP, crisis lines, community resources such as CMHA.
- Encourage them to talk with a mental health professional and share access numbers when ready.
- Keep lines of communication open, and keep checking until you believe they are safe.

YOUR EFAP#:

For more information contact Workplace Safety & Prevention Services

wsps.ca 1 877 494 WSPS (9777)

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