

Service Talk

Mental Health Awareness

Goal: Promote awareness, reduce stigma, and encourage employees to seek support when needed.

Why Mental Health Matters

- Mental health affects how we think, feel, and act every day.
- Anyone can experience challenges, just like with physical health.
- Awareness supports a safer, more respectful workplace.

Signs to Watch For

Trauma Responses

- Intrusive memories
- Feeling numb or detached
- Being easily startled

Burnout

- Exhaustion
- Loss of motivation
- Reduced productivity

Depression

- Ongoing sadness
- Loss of interest
- Changes in sleep or appetite

Stress

- Feeling overwhelmed
- Sleep problems or fatigue
- Irritability
- Physical tension

Anxiety

- Persistent worry
- Feeling on edge
- Rapid heartbeat
- Shortness of breath

People experience and express mental health symptoms differently based on their background, and some may show stress physically or feel less comfortable talking about it.

Understanding the Facts

- Mental illness is common
- Challenges are not a sign of weakness
- People with mental health conditions can thrive
- You can't always tell when someone's struggling
- Talking about mental health helps reduce stigma

Everyday Habits That Help

- Take short breaks and breathe deeply
- Keep regular sleep and meal routines
- Stay connected with supportive people
- Make time for calming or enjoyable activities
- Small steps add up

Pathways to Well-Being

- There is no single "right" way to cope
- Helpful supports may include:
 - Friends or family
 - Counseling or professional help
 - Physical activity or time outdoors
 - Creative, spiritual, or relaxation practices

Final Reminder

- Seeking help is normal and encouraged
- Supporting mental health strengthens safety, teamwork, and well-being
- Free, confidential support is available 24/7 through the Employee Assistance Program