## Workplace Psychological Health & Safety

### Signs of a Mental Health or Addiction Problem

- Frequent absences
- Increased sick time
- Incomplete work
- Missed deadlines
- Increased accidents
- Impaired learning
- Mood swings
- Increased helplessness
- Problems with memory or focus
- Appearing nervous or anxious
- Dazed or confused
- Slurred speech
- Slowed reaction time
- Sweating profusely
- Bloodshot eyes
- Shaky/ trembling
- Unsteady
- Smell
- Seeming "out of it"
- Secretive
- Isolated

### WHAT TO DO: T.A.L.K.S.

- **Talk** to a trusted listener about stressors and mental health concerns.
- **Ask** supervisors for resources.
- **Learn** your employer's mental health policies and procedures.
- **Know** the risks of not speaking up.
- **Seek** out the help of a medical professional if you are worried about your own mental health.

### RESOURCES

- Employer EAP Program
- Vital Life: 204-779-1887 www.vitallife.ca
- WRHA Mobile Crisis Service (24 hours): 204-940-1781
- Addictions Foundation of MB Info Line: 1-855-662-6605 afm.mb.ca
- Canadian Mental Health Association: 204-982-6100 winnipeg.cmha.ca
- Mental Health Education Resource Centre: 204-942-6568 www.mherc.mb.ca
- Family Doctor Finder: 1-866-690-8260