

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.

RESOURCES

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.

- 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