

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

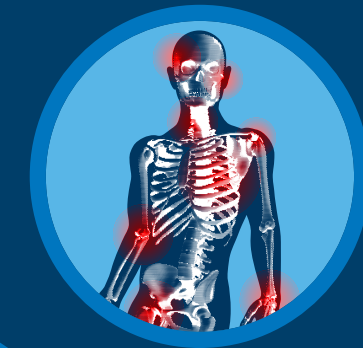


The impact stress will have on you depends on your **EXTERNAL SUPPORTS** and **INTERNAL RESOURCES** (e.g., coping skills and resiliency)

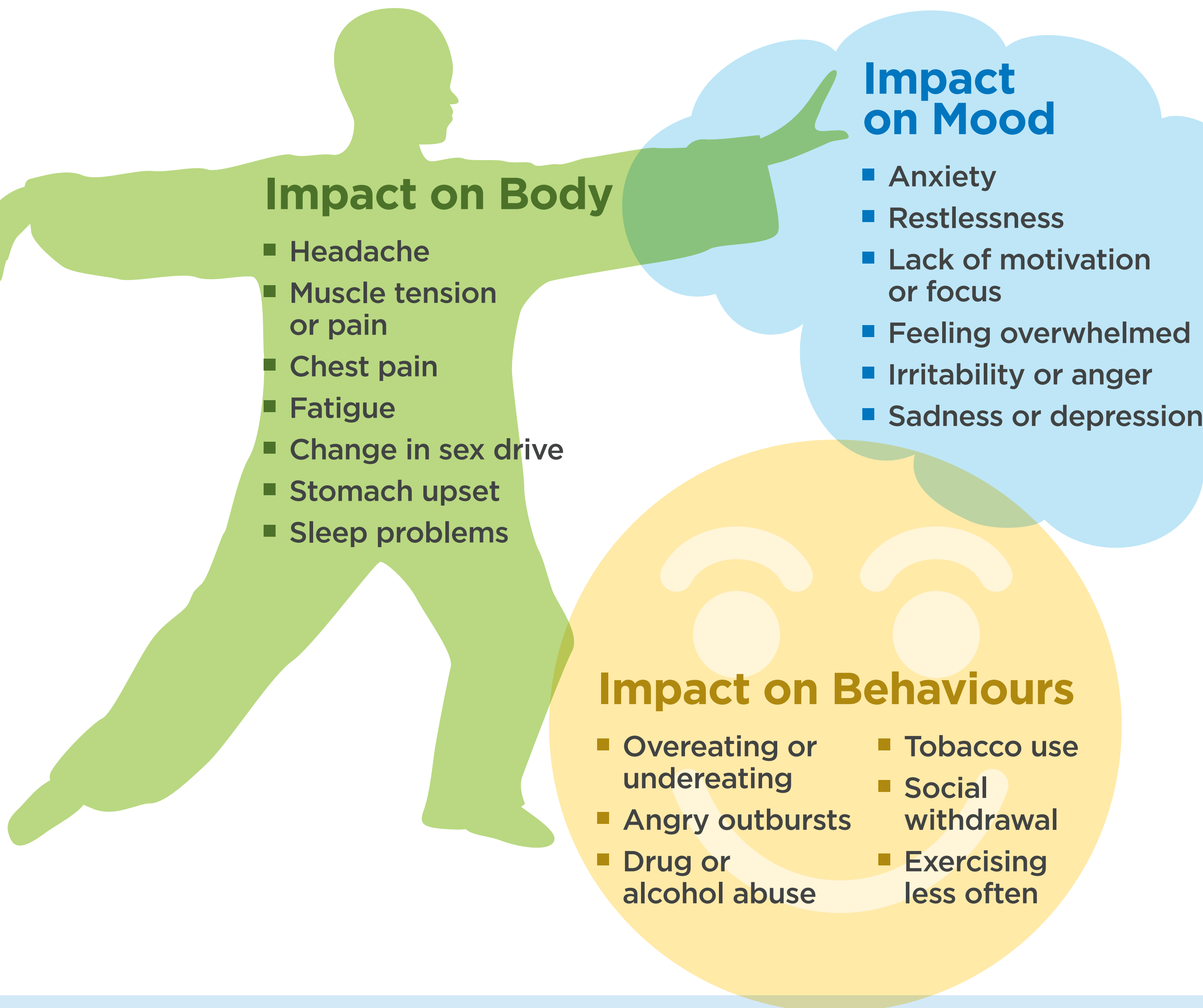
## Signs and symptoms indicating Mental Distress:

### 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

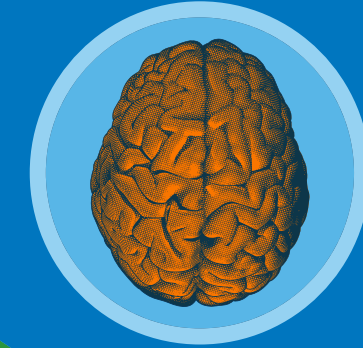


## Examples of common signs and symptoms when we experience a period of stress.



### 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

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