



# THEMES AN EMPLOYEE'S MENTAL HEALTH MAY BE IN DECLINE



## PERSISTENTLY SAD, ANXIOUS OR LOW

Watch out for employees who feel sad, anxious or persistently low for 2 weeks or more as they may be experiencing a decline in mental wellness

## CHANGES IN BEHAVIOUR

An employee may demonstrate emotional outbursts or acts out of character e.g becomes irritable or angry



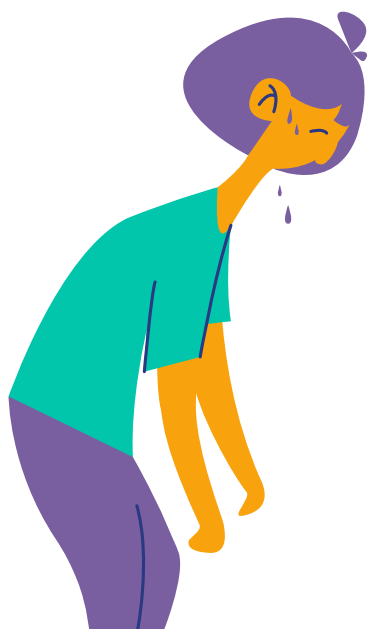
## SLEEP DIFFICULTIES

Offer assistance to any employees who mention they are having trouble getting to sleep, staying asleep or waking at very early times



## CHANGES IN APPETITE

Some employees may find it difficult to eat or lose a desire for food. On the flip side, some employees may gain weight very quickly



## FEELINGS OF FATIGUE, GUILT & WORTHLESSNESS

Some employees may feel tired all of the time or have persistent feelings of guilt and worthlessness

IF YOU EXPERIENCE ANY OF THESE SYMPTOMS OR CHANGES, PLEASE CONTACT A DOCTOR OR MENTAL HEALTH PROFESSIONAL FOR HELP & ADVICE