

It's Okay to Not Be Okay

Mental health is a spectrum - we all go through ups and downs. It's unreasonable to expect ourselves to be happy and positive all the time. Sometimes, we may not know we are struggling until things get tough. Frequent check-ins with ourselves, and honest conversations with our trusted support system can help us recognize the signs that it's time to ask for help.

Signs You May Be Struggling

Your mental health matters. It may be time to ask for help if you have:

- Increased or problematic substance use
- Consistent low mood that lasts longer than a couple of weeks
- Little to no enjoyment in usual activities
- Changes in sleep
- Negative impacts on relationships

If you are having thoughts of suicide, seek help immediately.

Be Prepared

Discussing mental health at work isn't easy. Preparing yourself helps.

- Consider who you feel most comfortable having the conversation with and when
- Think about how much you feel comfortable sharing
- Practice what you'll say
- Ask for what you need
- Make a commitment to actively participate in your healing
- Discuss accommodations and make a plan

Start the Conversation

- What are some signs you've notice in others that have made you think they may be struggling with their mental health?
- What holds people back from checking in with a co-worker they think may be struggling?
- What has held you back from discussing your own mental health struggles?

What are your strategies to improve your mental health? More questions? **Speak to your leader if you have questions about accommodations for mental health conditions.**

Additional Resources

Crisis Lines: 1-800-784-2433 or 9-8-8

Mental Health Support Line: 310-6789

Drug and Alcohol Info and Referral: 1-800-663-1441

Mental Health Services: helpstartshere.gov.bc.ca

Mental Health Information: heretohelp.bc.ca

Free Wellness Program: bouncebackbc.ca