

Signs of Mental Health Injuries

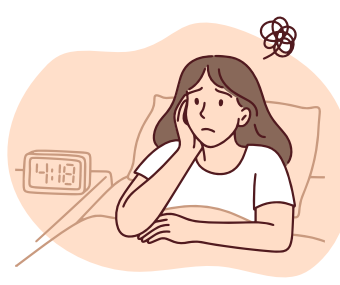
Quick Reference Guide



Increased irritability or emotional reactivity



Difficulty completing tasks



Trouble falling or staying asleep



Loss of interest or joy in everyday activities



Inability to concentrate



Chronic fatigue



Emotional numbness or detachment



Increased absenteeism or presenteeism



Headaches or unexplained aches



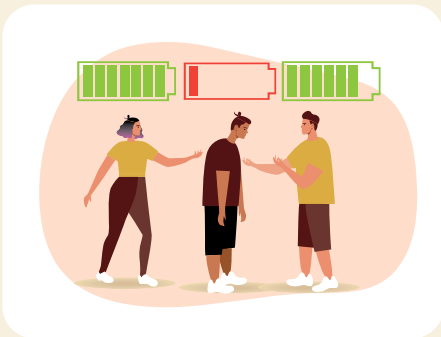
Withdrawing from friends,
family, or colleagues



Feeling hopeless
or directionless



Using substances or behaviors
to escape or numb feelings



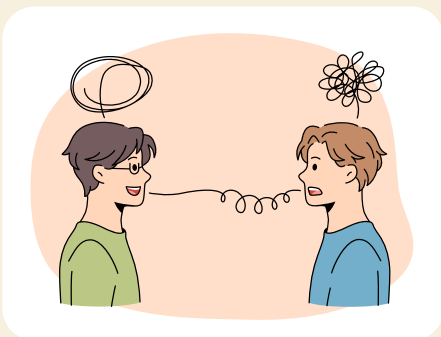
Loss of interest in social
activities



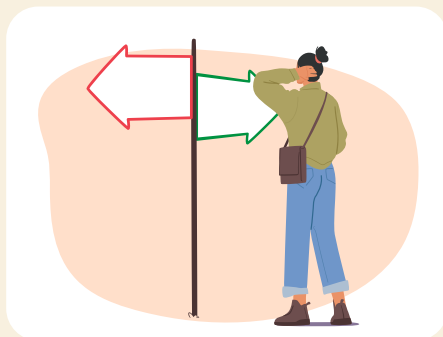
Questioning your values
or beliefs



Neglecting responsibilities



Difficulty communicating or
feeling supported



Disconnection from purpose
or community



Feeling unable to stop or
control harmful habits

If you are feeling overwhelmed by your thoughts or emotions, there are people available to offer compassionate support and ensure your well-being, whenever you need it.

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