

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
- Dazed or confused
- Problems with memory or focus
- Appearing nervous or anxious
- Slurred speech
- Slowed reaction time
- Sweating profusely
- Bloodshot eyes
- Shaky / trembling
- Unsteady
- Smell
- Seeming 'out-of-it'
- Secretive
- Isolated

What To Do: 'TALKS'

- T** *Talk* to a trusted listener about stressors and mental health concerns.
- A** *Ask* supervisors for resources.
- L** *Learn* your employer's mental health policies and procedures.
- K** *Know* the risks of not speaking up.
- S** *Seek* out the help of a medical professional if you are worried about your own mental health.