

Watch for signs of mental distress



Mental health distress and illness can negatively impact your safety and wellbeing. Though everyone experiences stress and trauma differently, common signs can include:

- Feelings of being physically or mentally drained
- Feeling sad, lonely, numb or worried
- Difficulty focusing or making decisions
- Changes in appetite or sleep patterns
- Arguing more or becoming more easily frustrated with family, friends or colleagues
- Increases in alcohol or drug use

If you aren't feeling like yourself, don't ignore it. Reach out to your supervisor, Human Resources representative, health care provider or Employee Assistance Program for additional help.

You can also watch and listen for the following signs in your co-workers:

- Disclosure of mental health conditions, including but not limited to depression, anxiety and more
- Disclosure of exceptional stress
- Failure to fulfill major life responsibilities, such as work, school or financial obligations
- Withdrawal from important relationships

Don't make assumptions, but do check in and listen with compassion. Visit [nsc.org/MentalHealth](https://www.nsc.org/MentalHealth) to learn more.

