

# Prioritize your mental health

Mental health distress and illness can impact your safety and wellbeing.

## Watch for signs

Signs of mental distress may show up weeks or months after a stressful situation. If you're not feeling like yourself, don't ignore it.



## Use your time off

Time away from work can help you recuperate.

## Utilize healthy coping mechanisms

Find time for activities you enjoy; limit those that cause harm or stress.



## Ask for help

Use your Employee Assistance Program (EAP), connect with a counselor or mental health provider, and talk with your friends and loved ones for additional support.

**Take care of yourself**  
so you can keep your co-workers and loved ones safe.



For more information on this and other safety topics.  
Visit the member-exclusive website at [nsc.org](https://nsc.org)