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