



# HOW TO GET HELP



Just like we prioritize our physical safety on the job site, it's equally important to prioritize our mental health

A key aspect of maintaining good mental health is knowing when and how to seek help when we're struggling. Asking for help, either for yourself or someone you care about can often be the most challenging step in addressing mental health issues, but it also one of the most important.



Before we dive into how to get help, it's important to recognize the signs in yourself and others that indicate we might need support. Signs can vary from person to person, but some common ones include:

- Persistent feelings of sadness or anxiety
- Changes in appetite or sleep
- Loss of interest in activities we used to enjoy
- Difficulty concentrating or making decisions
- Increased irritability or anger
- Substance abuse
- Thoughts of self-harm or suicide



**Let's discuss some strategies for getting the support we need when we need it.**

## STRATEGIES TO GET HELP

- **Talk to Someone:** One of the simplest but most effective ways to get help is to talk to someone you trust. This could be a coworker, supervisor, HR, friend, or family member. Expressing how you're feeling can often provide relief and open the door to getting support.
- **Utilize Mental Health Resources:** There are numerous mental health resources available, both online and in our local communities. These include hotlines, support groups, online forums, and mental health apps. Don't hesitate to explore these options if you need additional support. The QR code on this toolbox talk will take you directly to a variety of resources, scan it and bookmark it so you have the information whenever it is needed.
- **Seek Professional Help:** Sometimes, talking to a professional therapist or counselor is necessary. There's no shame in seeking help from a mental health professional. They can provide confidential support and guidance tailored to your specific needs.

Remember, we all need help sometimes- asking for support can feel hard, but it's brave to find help for yourself and others. Take advantage of the resources available to you and stay safe!

Get Access to  
Mental Health  
Resources Now





Get Access to  
Mental Health  
Resources Now



## Sign In

Date: \_\_\_\_\_

**1** \_\_\_\_\_

**2** \_\_\_\_\_

**3** \_\_\_\_\_

**4** \_\_\_\_\_

**5** \_\_\_\_\_

**6** \_\_\_\_\_

**7** \_\_\_\_\_

**8** \_\_\_\_\_

**9** \_\_\_\_\_

**10** \_\_\_\_\_

**11** \_\_\_\_\_

**12** \_\_\_\_\_

**13** \_\_\_\_\_

**14** \_\_\_\_\_

**15** \_\_\_\_\_

**16** \_\_\_\_\_

**17** \_\_\_\_\_

**18** \_\_\_\_\_

**19** \_\_\_\_\_

**20** \_\_\_\_\_

**21** \_\_\_\_\_

**22** \_\_\_\_\_

**23** \_\_\_\_\_

**24** \_\_\_\_\_

**25** \_\_\_\_\_

**26** \_\_\_\_\_

**27** \_\_\_\_\_

**28** \_\_\_\_\_

**29** \_\_\_\_\_

**30** \_\_\_\_\_