



St. John Ambulance

**SAVING LIVES**  
at work, home and play



# MENTAL HEALTH & WELLNESS For the Workplace

*Mental health problems will affect 1 in 3  
Canadians at some point during their life.*

Four Phases of Mental Health, and Actions that this course will focus on are as follows:

## PHASES

## ACTIONS

### Resilience

- Physically and emotionally healthy
- Work satisfaction, work is manageable
- Enthusiastic and engaged

- Stay connected with others
- Maintain good work-life balance
- Reflect on what is going well

### Struggling

- Irritable, forgetful, fatigued
- Less engaged with others
- Difficulty keeping work-life balance healthy

- Be mindful of what is going on around you
- Set small manageable goals
- Focus on your strengths and what you need from others

### Worrisome

- Emotionally withdrawn
- Sick often, apathy
- Less tolerant, unkempt appearance

- Acknowledge you are struggling
- Accept help from others
- Ask for professional help

### Distress

- Unhealthy mentally and physically
- Low to no work production
- Suicidality, addictions, breakdown

- Seek professional and medical help
- Keep yourself safe
- Develop a plan to get better



**Fish Safe NS Members Receive a Discount!**

**Register for a Mental Health Training course today!**

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