

Resources for Mental Well-Being



The importance of mental health

Mental health awareness is important to overall well-being. If you need additional support, please seek professional help.

Stay aware

Take time to regularly reflect on your mental health. You are encouraged to reach out for professional support as needed, particularly if you are experiencing any of the following:

- Irritability with others
- Trouble concentrating
- Decreased productivity and/or loss of energy
- Significant physical or mood changes
- Emotional withdrawal
- Personal sensitivities to certain scripted content
- Substance use issues
- Major life events or changes
- Depression, distress or suicidal thoughts

Healthy habits



Stay connected with family, friends, and your communities



Maintain a nutritious and balanced diet



Be physically active



Meditate



Limit screen time



Take measures to ensure good sleep quality

Mental wellness resources

If you or a coworker is in crisis, go to an ER or mental health urgent care center, or call 911 and request crisis intervention.

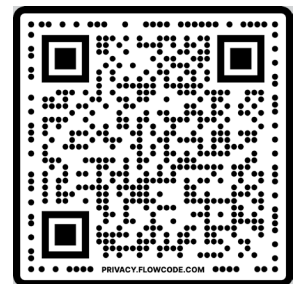
A number of free and confidential resources are available to you anytime.

- Employer Resources:
- **Having thoughts of suicide? Call or text 211 or 988, or call 1-800-784-2433**
- **Experiencing a mental health crisis? Call 310-6789 (no area code needed in B.C.)**
- Union Member Resources: www.calltimementalhealth.com

Disclaimer: The information contained in Actsafe's products (including, but not limited to, our training materials and courses) is for educational purposes only and is not intended to provide legal, medical or other advice.

Website: www.actsafe.ca | Email: info@actsafe.ca

Scan the QR code to access additional resources.



IN-03-2025-V1