

MENTAL HEALTH

Start by asking "Are you OK?"

NO, I'M NOT OK
Dig a bit deeper:

"What's been happening?"

"Have you been feeling this way for a while?"

"I'm ready to listen if you want to talk."

YES, I'M FINE
But your gut says they're not:

"It's just that you don't seem to be your usual self lately."

"I'm always here if you want to chat."

"Is there someone else you'd rather talk to?"

Listen with an open mind

Encourage action and offer support

"How can I help?"

"What would help take the pressure off?"

"Have you thought about seeing your doctor?"

Make time to check in:

"Let's chat again next week."

Whatever our age, background or role in life, from time to time we all have our problems.

Our Employee Assistance Helpline (EAP) provides you and your family with information, advice and counselling covering a variety of issues – whether they may be personal, family or workplace issues - such as:

- Legal, Work, Money, Retirement
- Emotions, Health, Addictions
- Family, Relationships



For more info contact
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