

Leadership Tips

Recognizing mental health struggles at work.

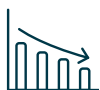


As a leader in your organization, being able to recognize signs of mental health difficulties among your team members is a crucial skill. You can create a supportive environment by identifying when someone may be facing difficulties. Watch for these signs of potential mental health struggles in the workplace.



Changes in Behavior

- Sudden changes in mood.
- Increased isolation from other team members.
- Decreased participation in social interactions.



Decline in Work Performance

- Difficulty concentrating or finishing tasks.
- Increased absenteeism or presenteeism.
- Decline in quality of work.



Emotional Distress

- Showing signs of anxiety, sadness or irritation.
- Outbursts of anger or crying.
- Expressing feelings of hopelessness or self-doubt.



How to respond to mental health concerns.

If you notice changes, have a private conversation. Express your concern without making assumptions about the cause. Gently remind them of their First Stop Health mental health benefit and provide them with the information they need to request a confidential visit.