

MENTAL HEALTH WARNING SIGNS

Check for these warning signs to determine if someone is at risk for mental health issues, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change.



- Frequent and intense presentation of behavior shifts



- Low energy and lack of motivation to do things, which can sometimes manifest as boredom in tasks



- Loss of interest in tasks at work, especially duties that you previously found interesting and fulfilling



- Physical complaints like headaches, fatigue, and upset stomach



- Increased absences or coming late and leaving early



- Impaired decision-making capacity



- Irritability, increased anger, and poor frustration tolerance



- Disconnectedness from family, friends, colleagues and community



- Overall feelings of boredom and complacency about your job



[StopSoldierSuicide.org](https://www.stopsoldiersuicide.org)

If you're a veteran in crisis, call **844-907-1338**

At Stop Soldier Suicide, we don't "help veterans", we provide free, consistent, safe, confidential care that saves lives. Stop Soldier Suicide has helped over 3,500 clients gain a new life full of purpose.

COMMUNICATING WITH CO-WORKERS

Communicating with colleagues that have mental health challenges can be difficult, but knowing how to talk with your colleagues can make all the difference.

/ When Talking With A Colleague...

- Remain calm.
- Listen more than you speak.
- Maintain eye contact.
- Act with confidence.
- Do not argue.
- Use open body language.
- Limit questions, but ask the right questions.
- Let the other person do the talking.
- Use supportive, encouraging comments.
- Don't rush trying to solve their problems for them.
- Be honest – let them know that there are no quick solutions, but help is available.
- Listen carefully for reasons for getting help – it only takes one.

/ Asking the “Right” Questions

Be sensitive, but ask direct questions, such as:

- How have you been?
- How's your stress level lately?
- Have you been eating and sleeping?
- Is there anything you want to talk about?
- Would you be willing to talk to someone?
- What can I do for you?
- When is the best time to check in with you again?



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10 TIPS TO IMPROVE YOUR MENTAL HEALTH

Stay Active



Eat a healthy diet



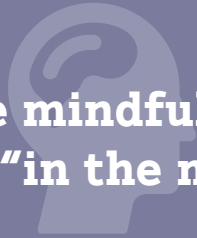
Get enough sleep



Start a gratitude journal



Practice mindfulness by staying "in the moment"



Let out a laugh



Connect with others



Meditate



Look at everything positively



Ask for help



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