



Mental Health Matters

41 % of Canadians are considered high risk for developing mental health challenges

1 in 5 Canadians will experience a mental health challenge this year

Remote workers can have difficulty maintaining healthy eating and self-care habits

Distance and time away from family is a key stressor for remote workers

500,000 Canadians will miss work each week for mental health reasons

4,000 Canadians die every year by suicide

camh.ca

University of Alberta 2021

Unique challenges faced Mobile work and mental health

Resources

Canadian Diamond Drilling Association
cdda.ca/HealthAndWellness

Crisis Services Canada
Call 1-800-456-4566
Text - 45645
(Open 24/7/365)



Mental Health in the Workplace



cdda.ca/HealthAndWellness



Are You Okay?

Signs to Look For:

- Drinking or using drugs excessively
- Agitated, restless
- Appearance is disheveled
- Withdrawing from activities/friends
- Physical complaints that are new: headaches etc
- Difficulty sleeping
- Significant changes in eating habits
- Talking of self harm or ending life

What to Say:

- I care about you and I will support you
- Are you okay, I am worried about you?
- I am willing to listen

What Not to Say:

- Just relax....you will get over it
- I know how you feel
- You just need a day off

The Mental Health Continuum

SIGNS & INDICATORS

HEALTHY	REACTING	INJURED	ILL
<ul style="list-style-type: none"> • Normal fluctuations in mood • Normal sleep patterns • Good energy level • Physically well • Performing well • Socially active, good sense of humor 	<ul style="list-style-type: none"> • Nervousness, irritability • Sad, overwhelmed • Trouble sleeping • Tired/low energy • Forgetfulness • Muscle tension, headaches • Procrastination • Decreased social activity 	<ul style="list-style-type: none"> • Anxiety, anger, pervasive sadness, hopelessness • Negative attitude • Restless or disturbed sleep • Decreased performance, poor concentration • Social avoidance or withdrawal 	<ul style="list-style-type: none"> • Angry outbursts/ aggressive • Excessive anxiety, panic attacks • Depressed/suicidal thoughts • Unable to fall or stay asleep • Exhaustion, physical illness • Unable to perform duties, absenteeism • Isolation, avoiding social events

ACTIONS TO TAKE AT EACH PHASE OF THE CONTINUUM

HEALTHY	REACTING	INJURED	ILL
<ul style="list-style-type: none"> • Focus on task at hand • Break problems into manageable chunks • Identify and nurture support systems • Maintain healthy lifestyle 	<ul style="list-style-type: none"> • Recognize limits • Get adequate rest, food and exercise • Engage in healthy coping strategies • Identify and minimize stressors 	<ul style="list-style-type: none"> • Identify and understand own signs of distress • Talk with someone • Seek help • Seek social support instead of withdrawing 	<ul style="list-style-type: none"> • Seek consultation as needed • Follow health care provider recommendations • Regain health

theworkingmind.ca



Maintain Your Head Assembly