



# 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](http://camh.ca)

University of Alberta 2021

Unique challenges faced Mobile work and mental health

## Resources

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

## ACTIONS TO TAKE AT EACH PHASE OF THE CONTINUUM

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

*theworkingmind.ca*



## Maintain Your Head Assembly