Mental health affects everyone. We all have it. We all feel it.
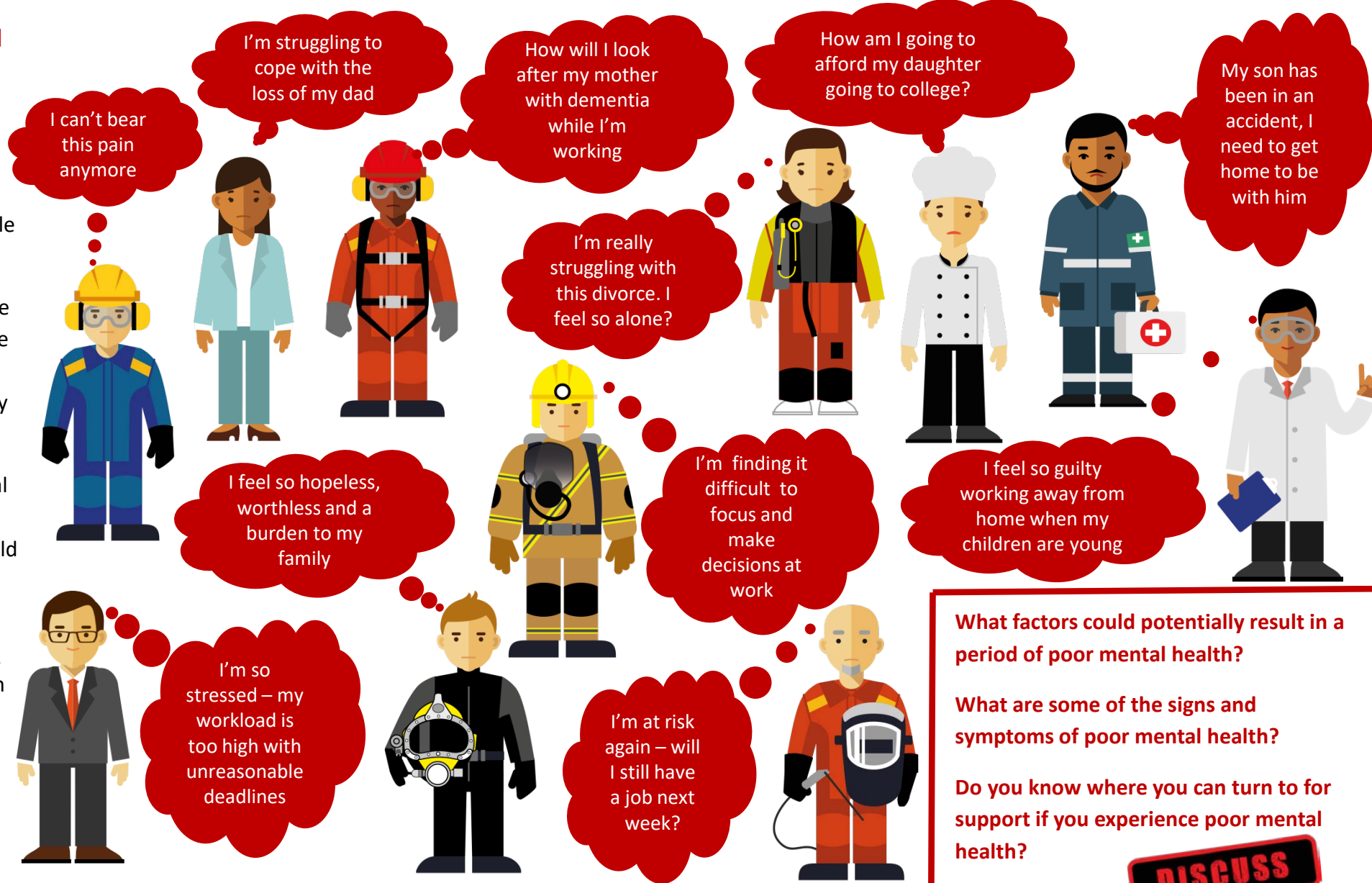
Just like physical health, mental health is important for our wellbeing. Mental health includes our emotional, psychological, and social wellbeing. It also impacts how we handle stress, relate to others, and make choices.

Mental health problems can have a wide range of causes. It's likely that for many people there is a complicated combination of factors – although different people may be more deeply affected by certain things than others.

A person experiencing a period of poor mental health can look like you or me. They may look completely normal on the outside or they could be in apparent visible distress

People experiencing a period of poor mental health may feel that their reactions, thoughts, or feelings are not how they would want them to be.

Experiencing mental ill health is often upsetting, confusing and frightening – especially for those working away from family and friends.

I can't bear this pain anymore

I'm struggling to cope with the loss of my dad

How will I look after my mother with dementia while I'm working

How am I going to afford my daughter going to college?

My son has been in an accident, I need to get home to be with him

I'm really struggling with this divorce. I feel so alone?

I feel so hopeless, worthless and a burden to my family

I'm finding it difficult to focus and make decisions at work

I feel so guilty working away from home when my children are young

I'm so stressed – my workload is too high with unreasonable deadlines

I'm at risk again – will I still have a job next week?

What factors could potentially result in a period of poor mental health?

What are some of the signs and symptoms of poor mental health?

Do you know where you can turn to for support if you experience poor mental health?

DISCUSS

SAFETY MOMENT

Mental Health Awareness

STEP CHANGE IN SAFETY