



It's okay to not be okay.

Help yourself and those around you be both physically and psychologically safe.

Mental health and suicide prevention are not commonly spoken about at the workplace. We all struggle in different ways and it's important to notice how you're feeling AND watch out for others. Be the change and make these topics part of your conversations.

A psychologically safe work environment includes:



- Feeling accepted without fear of negative consequences.
- Feeling safe to speak up about potential stressors and/or anxiety triggers.

If you're feeling tense, irritable or overwhelmed:



- Talk with someone you trust, such as a colleague or supervisor.
- If it's safe, remove yourself from the situation for 90 seconds – that's all it takes to reset your brain. Try deep breathing, i.e. inhale for 7 seconds and exhale for 11 – then repeat.

Look out for each other!



- We often spend more time with colleagues than our families. We're in a perfect position to notice changes in a co-worker's mood or concerning behaviors.

If you see a co-worker showing signs of distress, check in with them:



- Let them know they're not alone. Show them compassion and support.
- Listen and don't judge – remember you don't have to have solutions.
- Respect confidentiality – unless there is concern for someone's safety.

Ways we can create a positive work environment:



- Treat others with respect and support those who are struggling.
- Acknowledge when someone is doing a good job – it can make their day.

Suicide & Crisis Lifeline

Provides 24/7, free and confidential support for people in distress or those trying to help
988

Crisis Text Line

Free 24/7 confidential text message service for people in crisis.

Text HOME to 741741

SAMHSA

Free 24/7 confidential treatment referral and info about mental and/or substance use disorders

www.samhsa.gov

National Alliance on Mental Illness

Extensive information for people with mental illness, caregivers and family members. Special resources for AAPI, BIPOC, LatinX, and LGBTQIA+ communities.

www.nami.org

Behind the Scenes

Mental health and suicide prevention resources for the entertainment industry

btshelp.org/mentalhealth

