

IT IS TIME TO PRIORITISE MENTAL HEALTH IN THE WORKPLACE

Health and safety at work is about mental health too

SIGNS A COLLEAGUE MAY NEED HELP:

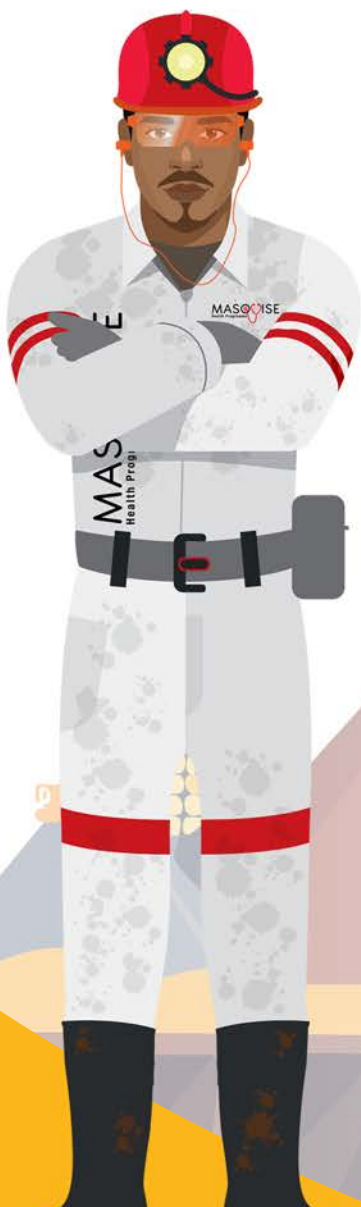
- More irritable than usual during shifts
- Obvious tiredness or struggle to stay alert on the job
- Withdrawing from team activities or being social
- Signs of substance abuse
- Talks about financial stress or family problems
- Sudden changes in work performance or increased absenteeism

WHAT TO DO IF YOU NOTICE THE SIGNS:

- Choose the right time and place for privacy, and approach your colleague
- Listen without judging them
- Encourage them to seek professional help (refer to free SADAG resources on this poster)
- Keep it confidential
- Remember, you are not a mental health professional; you must guide them to the proper resources
- Take care of your own mental health

WHERE TO GET PROFESSIONAL HELP:

The South African Depression and Anxiety Group (SADAG) is a nonprofit organisation offering free, confidential mental health support nationwide, managed by psychiatrists, psychologists and doctors.



**24/7 Suicide Crisis
Hotline:
0800 567 567**



SMS line: 31393



**8am-5pm
WhatsApp Cipla:
076 882 2775**

Visit www.sadag.org for more free mental health resources. You can also access one of 160 free support groups on the website, or request a callback from a counsellor.