



# FINDING SUPPORT

When to reach out for help & what support is available



## We all struggle with our mental health from time to time.

- It's okay and normal to find ourselves in those reacting, injured, or illness zones of the Mental Health Continuum.
- Most of us don't want to stay in those zones, and reaching out for support or help is one thing we can do to stay safe and move toward the healthy zone (or avoid going further toward the illness zone).

### Mental Health Continuum Model



Here are some common supports you might reach out to, across the Mental Health Continuum:

#### Healthy/Reacting – Informal Supports

- Friends or Family
- Coworkers or Manager
- Peer or Social Groups
- Elders
- Faith communities

#### Reacting/Injured – Mix of Informal & Formal/Professional Supports

- GP or Family Doctor
- Support groups
- Counselor or Therapist
- Employee Assistance Program
- Vacation or sick leave
- Mental health and wellness information sources (e.g., CMHA)

#### Injured/Ill – Formal/Professional Supports

- Psychiatrist
- Crisis services & crisis lines
- 911 emergency services
- Hospital or ER
- Formal accommodation
- Disability leave

What strategies do you use to support your mental health at work?