

Canadian Mental Health Association Manitoba and Winnipeg Mental health for all



Mental Health at Work Mini-Lesson Plan #2

Finding Support When to reach out for help & what support is available

Check-in / Reflection Prompt

Did you know?

- We all struggle with our mental health from time to time. This is a part of life.
- It's okay to not be okay. 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 towards the healthy zone (or avoid going further towards the illness zone).

HEALTHY	REACTING	INJURED	ILL
	Signs and	indicators	
Normal fluctuations in mood Normal sleep patterns Physically well, full of energy Consistent performance Socially active No trouble/impact due to substance use	 Nervousness, irritability, sadness Trouble sleeping Tired/low energy, muscle tension, headaches Procrastination Decreased social activity Limited to some trouble/ impact due to substance use 	 Anxiety, anger, pervasive sadness, hopelessness Restless or disturbed sleep Fatigue, aches and pains Decreased performance, presenteeism Social avoidance or withdrawal Increased trouble/impact due to substance use 	 Excessive anxiety, easilienraged, depressed Suicidal thoughts and intentions Unable to fall or stay asleep Exhaustion, physical illness Unable to perform dutiabsenteeism Isolation, avoiding social events Dependence
	Actions to Take at Each	Stage of the Continuum	
 Focus on task at hand Break problems into manageable chunks Identify and nurture support systems Maintain healthy lifestyle 	 Recognize limits Get adequate rest, food, and exercise Engage in healthy coping strategies Identify and minimize stressors 	 Identify and understand own signs of distress Talk with someone Seek help Seek social support instead of withdrawing 	 Seek consultation as needed Follow health care provider recommendations Regain physical and mental health

Image Source: careforallineducation.com/care-for-all-in-education-spotlight-april-2024

Whichever zone you're in, who might you go to for support?



Finding Support

When to reach out for help & what support is available

Here are some common supports you might reach out to, across the 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/III – Formal/Professional Supports

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

Discussion Questions

Q1: When we need support for our mental health, what support persons or resources are available to us through our workplace?



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Q2: When someone is struggling, what do you think may prevent them from seeking support through the workplace (if anything)? Are there any barriers (e.g., social, institutional) to accessing support through work, from your perspective?

Q3: What other supports or resources could someone benefit from, or would you like to see through or at work?

Resource Highlight:

Mental Health Resources Guide for Winnipeg (by CMHA Manitoba and Winnipeg)

This guide outlines mental health-related supports and services available in Winnipeg, as well as many province-wide resources. To access the guide:

- Download the most recent version by clicking on "Download Resource Guide" on this webpage: <u>cmhaacrossmb.ca/your-mental-health/finding-help</u>
- Go directly to the 2023 edition here: <u>cmhaacrossmb.ca/wp-content/uploads/2023/09/Mental-</u> <u>Health-Resource-Guide-v8.1.pdf</u>
- Or call CMHA's Service Navigation Hub at 204-775-6442

Want to learn more? Visit careforallineducation.com