



## SPEAK UP! RAISING MENTAL HEALTH AND WELLBEING NEEDS IS IMPORTANT

As part of the SHA COVID-19 response, ensuring that mental health and wellbeing needs of health care workers are identified and supported is critical. Caring and having compassion for ourselves and each other by acknowledging and effectively managing stress, both acute and cumulative, is key to building individual and collective resilience over time.

← Healthy _____	_____ Reacting _____	_____ Injured _____	_____ Ill (Crisis) →
<p><b>SIGNS:</b></p> <ul style="list-style-type: none"> <li>• Mood - Normal fluctuations</li> <li>• Thinking/Attitude - Taking things in stride</li> <li>• Physical and Social Care - Physical and socially active</li> <li>• Behavior / Performance - Performing</li> </ul>	<p><b>SIGNS:</b></p> <ul style="list-style-type: none"> <li>• Changes in Mood - Irritable, sad, overwhelmed</li> <li>• Changes in Thinking/Attitude - Distracted, Sarcasm</li> <li>• Changes in Physical and Social Care - Diminished</li> <li>• Changes in Behavior / Performance - Diminished</li> </ul>	<p><b>SIGNS:</b></p> <ul style="list-style-type: none"> <li>• Changes in Mood - Anger, Anxiety</li> <li>• Changes in Thinking/Attitude - Constantly Distracted, Negative</li> <li>• Changes in Physical and Social Care - Avoidance</li> <li>• Changes in Behavior/ Performance - Not performing</li> </ul>	<p><b>SIGNS:</b></p> <ul style="list-style-type: none"> <li>• Changes in Mood - Aggression, Excessive Anxiety</li> <li>• Changes in Thinking/Attitude - Non-compliance, unable to concentrate, cognitive challenges</li> <li>• Changes in Physical and Social Care - Exhaustion</li> <li>• Changes in Behavior/ Performance - Withdrawal</li> </ul>

## REACH OUT FOR THE SUPPORT YOU NEED

- Visit [www.saskatchewan.ca/COVID19-providers](http://www.saskatchewan.ca/COVID19-providers) and check out our [Resilient Workplace](#) section
- Call **HCW Mental Health Support Line** - 1-833-233-3314 (8 a.m.—4:30 p.m., M-F)
- **Contact Employee and Family Assistance Program** (anytime – 24hrs/7days)  
Website: <https://www.workhealthlife.com/> Call: Care Access Centre toll free at 1-844-336-3136
- Physicians & Residents call **Physician Health Program (SMA)** - Saskatoon & North 306 -657-4553, Regina & South 306-359-2750
- **Ask your Manager** about stress management supports for teams

