Workplace Mental Health:
Good for people, good for business
Your most valuable asset is not "just" your people - it's healthy people

NATIONAL SUICIDE PREVENTION LIFELINE™
1-800-273-TALK

If you have an emergency, please call 911.

If you or someone you love is in need of suicide prevention support, call the National Suicide Prevention Lifeline at **1-800-273-8255** or visit **suicidepreventionlifeline.org** or you can also **text TALK to 741741**.

For local support, please call the **UNI Crisis Line at 801-587-3000**. Find additional resources at **liveonutah.org**.

Poor mental health and stress can negatively affect employee:

- Job performance and productivity.
- Engagement with one's work.
- Communication with coworkers.
- Physical capability and daily functioning.

Mental illnesses such as depression are associated with higher rates of disability and unemployment.

- Depression interferes with a person's ability to complete physical job tasks about 20% of the time and reduces cognitive performance about 35% of the time.
- Only 57% of employees who report moderate depression and 40% of those who report severe depression receive treatment to control depression symptoms.

Warning Signs of Mental Health Problems

- Increased substance use
- Anxiety, agitation, unable to sleep or sleeping all the time
- Hopelessness
- Withdrawal from friends, family and society
- Rage, uncontrolled anger, seeking revenge
- Acting reckless or engaging in risky activities, seemingly without thinking
- Dramatic mood changes
- Giving away prized possessions
- Talking about wanting to die or kill oneself
- Talking about being in unbearable pain
- Talking about being a burden to others
- Acting anxious or agitated; behaving recklessly
- Excessive fear, worry, or anxiety
- Dramatic changes in eating or sleeping habits
- Suicidal thoughts- Distracted, anger, low mood, weight loss/gain.
- Changes in work habits

- Changes in physical appearance
- Changes in demeanor
- Increased absenteeism or tardiness

Additional Resources

American Foundation for Suicide Prevention (AFSP): https://afsp.org/

**Centers for Disease Control (CDC):
https://www.cdc.gov/workplacehealthpromotion/tools-resources/workplace-health/mental-health/index.html**

Live On Utah: https://liveonutah.org/

NAMI (National Alliance on Mental Health) https://www.namiut.org/

**Suicide Prevention Workforce Toolkit:
https://drive.google.com/file/d/1WZTJIk3eZTofjwLchlUBWRHEeobIhOte/view**

**Utah Department of Health Preventing Suicide:
https://health.utah.gov/vipp/topics/suicide/prevention.html**