Headspace

Happy Emails

Welfare Officers

Healthy Morning Teas

Professional Development

Flexible Working

EAP

Welfare **Policies**

Timebank

Noticeboards

Diversity Agenda

Health & Safety Policy/Procedure **Stairs**

Sponsorships

Powder Days

First Aid Courses

Community Activities

Respectful Environment

BM

Group Activities/Exercise

COMMON REVERSIBLE DISTRESS

SIGNS & INDICATORS

- Nervousness, irritability
- Feeling overwhelmed at times

- Low energy
- Procrastination
- Eating patterns in food increases/decreases.

SEVERE, PERSISTENT FUNCTIONAL IMPAIRMENT

SIGNS & INDICATORS

- Anxiety, anger, pervasive sadness, tearfulness, sense of hopelessness, worthlessness
- Recurrent, vivid nightmares, restless, disturbed sleep
- Increased fatigue, aches/pains
- Decreased performance or workaholic tendencies
- Hard to concentrate/make decisions
- Eating patterns change over/under-eating/ loss of appetite
- Avoidance, withdrawal
- Recurrent intrusive thoughts/images.

CLINICAL DISORDER, SEVERE FUNCTIONAL IMPAIRMENT

SIGNS & INDICATORS

- **Excessive anxiety**
- Panic attacks
- Easily angered/aggressive
- Can't fall asleep/stay asleep
- Constant fatigue/illness
- Overt 'insubordination'
- No appetite/over-eating as a pattern
- Absent from social events
- Alcohol/gambling or other addictions
- Depressed
- Intimate relationships impacted
- Suicidal thoughts/intent

CARE RECOMMENDATIONS

- Get enough rest, food, exercise
- Reduce barriers to seeking help
- Identify/resolve issues early
- Take personal responsibility for action.

CARE RECOMMENDATIONS

- Tune into own signs of distress
- Make self-care a priority
- get help sooner not later

Talk to someone; ask for help;

• Maintain social contact; don't withdraw.

CARE RECOMMENDATIONS

- Tune into own signs of distress
- Make self-care a priority
- Talk to someone; ask for help; get help sooner - not later
- Maintain social contact; don't withdraw.