

HOW AM I DOING?

Am I doing OK?

My health and capacity to function is excellent and my outlook is positive.

What has changed?

My health is good but I sometimes struggle to focus and cope.

How long have I been feeling this way?

My health and capacity to function is fair but my outlook is negative.

I need help!

My health is poor, I struggle to cope and my outlook is pessimistic.

**HEALTHY****REACTING****INJURED****ILL**

TIME TO REPORT? 

PSYCHOLOGICAL INJURY REPORTING

Do your symptoms

- > Interfere with daily life and work?
- > Persist for a few weeks?
- > Link to a traumatic workplace event or ongoing occupational stress?



Yes?

Use our self-check tool to learn more about psychological health and safety.

STOP: If you are experiencing suicidal ideation, call the **Suicide Crisis Hotline.**

Call or Text 9-8-8 (24/7 Support)

WHAT TO DO

CARE for yourself first.

Seek support from your doctor or mental health care provider.

NOTIFY your supervisor or manager.

REPORT the psychological injury to the Provincial Workplace Health Contact Centre at 1-866-922-9464 or use your employer's incident report form.

CALL WorkSafeBC if required.

CONNECT with your steward, JOHS committee rep, regional mental health or OHS rep, or worksite safety advocate.

QUESTIONS? Contact BCNU healthandsafety@bcnu.org