

OCCUPATIONAL HEALTH AND SAFETY (OHS)

PSYCHOLOGICAL INJURY: QUICK REFERENCE

HOW DO I KNOW WHEN SOMETHING IS WRONG?

COMPLETE a Self-Check: What signs and symptoms am I experiencing?

> Sleep disturbances

> Exhaustion/fatigue

> Muscle tension and pain

> Digestive issues

> Headaches/migraines

> Heart palpitations

> Shortness of breath

> Sweating/trembling

> Appetite Changes

> Loss of Memory/cognitive abilities

> Sadness/Depression

> Irritability/mood swings/anger/rage

> Flashbacks or intrusive thoughts

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

I'm **OKAY** right now. I'll focus on **SELF CARE**.

I think I'm **INJURED** or **ILL**.

STOP: If you are experiencing suicidal ideation, call or text the Suicide Crisis Hotline 24/7 at 9-8-8.

WHAT IS CAUSING ME TO EXPERIENCE THIS?

Psychological Injuries are mental health conditions, caused by traumatic events or ongoing stressors at work.

Workplace bullying and harassment can cause physical and psychological harm that affects daily life

WHAT SHOULD I DO NOW?

CARE for yourself first. Seek support from your doctor or mental health care provider. You are not alone.

NOTIFY your supervisor or manager. Talking about your injury can be difficult and retraumatizing. Take time to determine if you're ready to report and seek support.

Ready to talk

Seek support

Not ready to talk

REPORT IT!

HOW DO I REPORT A PSYCHOLOGICAL INJURY?

Health Authority: Call the Provincial Workplace Health Contact Centre at 1-866-922-9464.

Affiliate or Independent: Use your employer's Employee Incident Report Form.

STATE your purpose. *I'm calling to report a psychological injury (mental health injury, trauma).*

DESCRIBE your symptoms. *I am experiencing (insert physical and psychological symptoms).*

LINK your symptoms to the event(s) that caused them. *These symptoms started following [state event(s)] witnessing an assault, being assaulted, ongoing repetitive witnessed/experienced events.*

U.S.W. moveUP