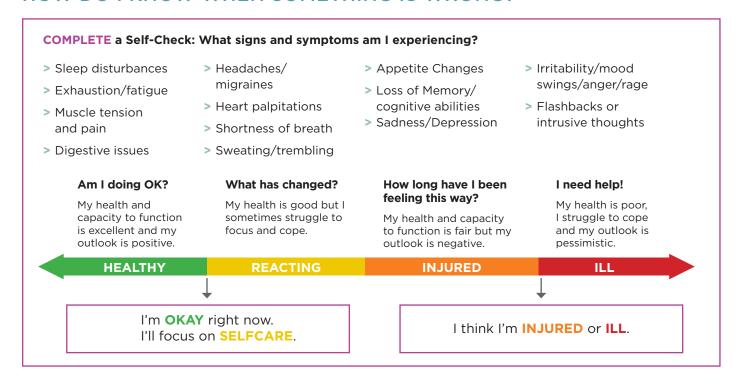


OCCUPATIONAL HEALTH AND SAFETY (OHS)

PSYCHOLOGICAL INJURY: QUICK REFERENCE

HOW DO I KNOW WHEN SOMETHING IS WRONG?



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?



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.