

Mental health affects everyone. We all have it. We all feel it.

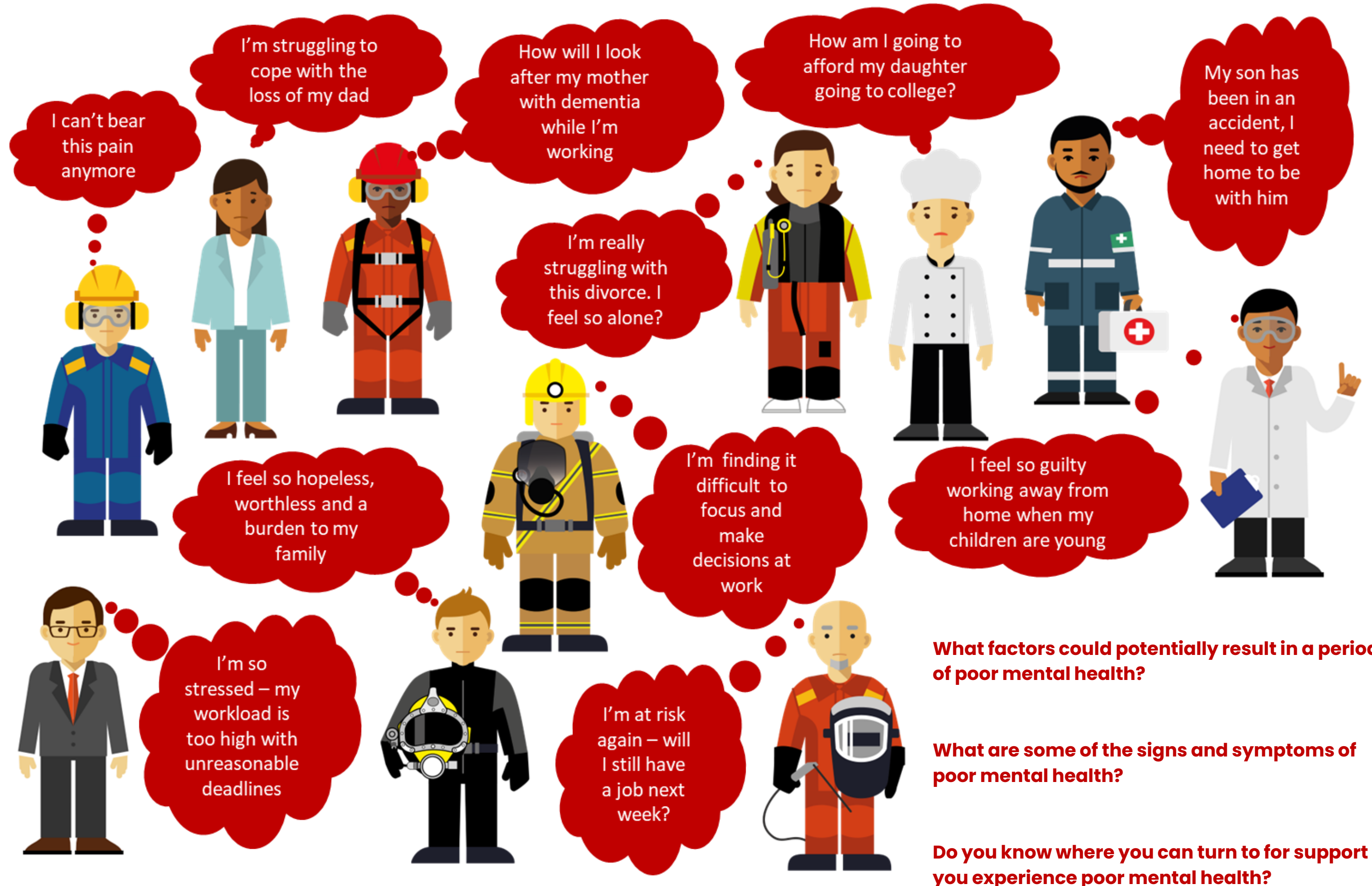
Just like physical health, mental health is important for our wellbeing. Mental health includes our emotional, psychological, and social wellbeing. It also impacts how we handle stress, relate to others, and make choices.

Mental health problems can have a wide range of causes. It's likely that for many people there is a complicated combination of factors –although different people may be more deeply affected by certain things than others.

A person experiencing a period of poor mental health can look like you or me. They may look completely normal on the outside or they could be in apparent visible distress

People experiencing a period of poor mental health may feel that their reactions, thoughts, or feelings are not how they would want them to be.

Experiencing mental ill health is often upsetting, confusing and frightening – especially for those working away from family and friends.



What factors could potentially result in a period of poor mental health?

What are some of the signs and symptoms of poor mental health?

Do you know where you can turn to for support if you experience poor mental health?



Verification of learnings shared and feedback

Safety Moment

To ensure this learning leads to meaningful improvement, follow the Plan Do Check Act process and provide your feedback to Step Change in Safety.

Plan

Review the learning and assess how it applies to your organisation, work area or tasks.
Identify any risks, gaps, or required changes to current procedures.



Do

Implement necessary actions - communicate changes, update procedures, and ensure everyone affected understands their responsibility.



Check

Monitor the effectiveness of the changes. Observe work practices, gather feedback, and verify that the learnings have been understood and applied correctly.



Act

Make any needed adjustments based on what you've learned.
Share lessons with your team, document improvements and feedback to Step Change in Safety.



Share your learnings and feedback. **Your proactive engagement helps create a safer workplace for everyone.**



Feedback Form

Link to [Resource Feedback Form](#)

