

MANAGING YOUR MENTAL HEALTH



EMPLOYEE
ASSISTANCE
PROGRAM

A STATE OF WELL-BEING IN WHICH EVERY INDIVIDUAL:

- realizes his or her own potential,
- can cope with the normal stresses of life,
- can work productively and fruitfully,
- and is able to make a contribution to her or his community.

World Health Organisation

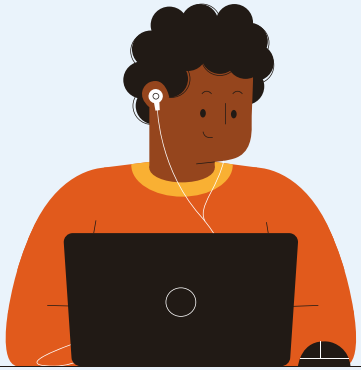
UNDERSTANDING MENTAL HEALTH

- Mental health is as important as physical health.
- Mental health problems are real, and not "just in our heads".
- It's not a person's fault if he or she has a mental health problem. No one is to blame.
- Whether you're male or female, it's OK to ask for help and get it.



People improve and recover with the help of treatment, and are able to enjoy happier and healthier lives.

American Psychological Association



BE ACTIVE

Do what you can
Enjoy what you do
Move your mood

KEEP LEARNING

Embrace new experiences
See opportunities
Surprise yourself



GIVE

Your Time
Your words
Your presence



TAKE NOTICE

Remember the
simple things that
give you joy



CONNECT

Talk & Listen
Be there
Feel Connected

**Enhance
Mental Health by
Pursuing Wellbeing:**

POSITIVE EMOTION

ENGAGEMENT

RELATIONSHIPS

MEANING & PURPOSE

ACHIEVEMENTS



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Call Network Services Centre Inc.
for professional confidential
assistance at 228-3056, 228-7773 or
for emergencies at 231-6988.