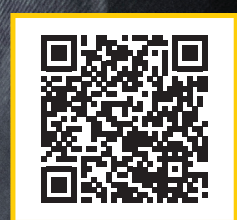


It's Ok to Say: **I'm NOT OK!**

IF YOU IGNORE YOUR MENTAL HEALTH, YOU ARE AT RISK OF:

- **BURN OUT:** Exhaustion of physical and emotional strength.
- **COMPASSION FATIGUE:** The withdrawal experienced by those who care for the sick and traumatized people.
- **VICARIOUS TRAUMA:** Work related trauma that occurs from dealing with and listening to patients and clients recounting their trauma; and
- **PTSD:** Post-Traumatic Stress Disorder, a mental condition triggered by experiencing or witnessing a traumatic event or series of traumatic events.

It's important to recognize and acknowledge when you are struggling.



**HAVE AN OHS ISSUE?
REPORT IT HERE**

MENTAL HEALTH IS AN OHS ISSUE!

Your mental health is critical to your well-being. Know your limits! Respect those limits! It is your employer's responsibility to recognize this as an OHS issue!

IF YOU ARE EXPERIENCING ANY OF THE ABOVE, PLEASE SEEK HELP!

- Seek out the mental health supports offered by your employer, where such exist.
- AUPE offers a crisis-counselling service; 24 hours a day, 365 days a year. Call AUPE's crisis line at 1-844-744-7026.

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