

2021

MENTAL
HEALTH
MONTH

Tradesmen wants all employees to be safe and healthy at all times

Common WARNING SIGNS of Mental Illness

Diagnosing mental illness isn't a straightforward science. We can't test for it the same way we can test blood sugar levels for diabetes. Each condition has its own set of unique symptoms, though symptoms often overlap. Common signs and/or symptoms can include:

- ! Feeling very sad or withdrawn for more than two weeks
- ! Trying to harm or end one's life or making plans to do so
- ! Severe, out-of-control, risk-taking behavior that causes harm to self or others
- ! Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or difficulty breathing
- ! Significant weight loss or gain
- ! Seeing, hearing or believing things that aren't real*
- ! Excessive use of alcohol or drugs
- ! Drastic changes in mood, behavior, personality or sleeping habits
- ! Extreme difficulty concentrating or staying still
- ! Intense worries or fears that get in the way of daily activities

*Various communities and backgrounds might view this sign differently based on their beliefs and experiences. Some people within these communities and cultures may not interpret hearing voices as unusual.

Need help? Contact the Employee Assistance Program provided by OneAmerica at **1-855-387-9727**. Available 24/7. Confidential. Up to 3 FREE visits per year.

Building on **Wellbeing**
Physical • Emotional • Financial

For more information regarding your benefits, contact Corporate Benefits via email at Benefits@TradesmenInternational.com.