

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.



**AUPE  
OCCUPATIONAL  
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COMMITTEE**

**RIGHT TO KNOW • RIGHT TO PARTICIPATE • RIGHT TO REFUSE**