



## Tip sheet

# When should I seek help?

## It is never too late

### What do I need to know?

From time-to-time, each of us will exhibit or experience the common signs and symptoms associated with a mental health condition. It is important to distinguish what is natural to experience during times of stress and therefore, able to be managed through self-care versus those signs and symptoms when professional help is needed. For an accurate diagnosis and advice, it is important to see a qualified and trained mental health professional.

### Warning Signs

- **Feelings** – Do you feel sad, angry, guilty, overwhelmed, irritable, frustrated, unconfident or indecisive?
- **Physical** – Are you constantly tired, experience headaches, gastrointestinal issues, difficulty sleeping, weight loss/gain?
- **Behavior** – Has your behavior changed? For example, you have stopped doing things you used to enjoy, you avoid social settings and contact with family and/or friends, you rely on alcohol and medication, you have difficulty concentrating.
- **Thoughts** – Do you think thoughts such as “I’m a failure”, “I’m worthless”, “Life’s not worth living” or “People would be better off without me”?

### Assess

- After the stressful situation has passed, do these signs and symptoms still exist?
- Do signs and symptoms linger for more than two weeks?
- Do signs and symptoms cross at least 2-3 of the above categories (Feelings, Physical, Behavior and Thoughts)?
- Do signs and symptoms interfere with my ability to perform daily functions?
- Do you feel a need to use alcohol or drugs to feel better?

### Reach out

- If the answer to any of the above questions is “Yes”, then you should seek help.
- Contact the [Employee Assistance Program](#) for free, confidential counseling services.
- Speak to your primary care physician if you are unsure where to start.
- Speak to a trusted friend or family member.
- Join a local support group or online forum.
- If you feel comfortable, speak with your Supervisor or Manager.

### Need more information?

- Mental Health America: <http://www.mentalhealthamerica.net/conditions/finding-help-when-get-it-and-where-go> and <http://www.mentalhealthamerica.net/b4stage4-changing-way-we-think-about-mental-health>.
- Lifeline: <https://www.lifeline.org.au/get-help/topics/asking-for-help-help-seeking>.