



# Healthy minds, healthy community



## Mental health affects how we think, feel, and act.



Mental health may not be visible to the eye



But it is present in your head



And it's present in your heart

You are not alone...  
**1 in 5**  
**Canadians**  
will experience a mental health issue or illness

## Where are you on the mental health continuum?

Rather than a state of being well or unwell, mental health is a continuum with phases. To see where you or someone you know sit on this, and the tools and resources available, check out the table below.



### Signs and indicators

<ul style="list-style-type: none"> <li>• Positive</li> <li>• Calm</li> <li>• Physically well</li> <li>• Socially active</li> <li>• Performing well</li> <li>• Sleeping well</li> </ul>	<ul style="list-style-type: none"> <li>• Worried</li> <li>• Irritable</li> <li>• Eating pattern changes</li> <li>• Less social activity</li> <li>• Distracted</li> <li>• Trouble sleeping</li> </ul>	<ul style="list-style-type: none"> <li>• Anxious</li> <li>• Negative attitude</li> <li>• Fluctuations in weight</li> <li>• Avoidance</li> <li>• Poor performance</li> <li>• Poor sleep</li> </ul>	<ul style="list-style-type: none"> <li>• Excessive anxiety</li> <li>• Depressed</li> <li>• Extreme weight fluctuations</li> <li>• Absenteeism</li> <li>• Unable to perform</li> <li>• Can't fall/stay asleep</li> </ul>
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For a summary of mental health supports and resources, flip the page.

## Not sure how to help someone in mental distress?

Check out the **Mental Health Module on OWL** – you'll learn more about the indicators of mental distress and how you can lend your support when you notice someone showing the signs of it.

This 15-minute module also includes information about campus and community resources.

Scan the QR code ▶  
to check out the  
**Mental Health**  
**Module on OWL.**





# Mental health resources to support you and your loved ones



## If you or someone you know is in a crisis

Resource	Contact info
<b>Canadian Mental Health Association (CMHA) Thames Valley and Addiction Services, Crisis Centre</b>	For 24-hour support: Call <b>519-433-2023</b> or <b>1-866-933-2023</b> Online chat: <a href="http://reachout247.ca">http://reachout247.ca</a> In-person walk-ins: 534 Queens Ave., London, Ontario
<b>LifeWorks – Western’s Employee Assistance Program (EAP)</b>	Call <b>1-844-880-9142</b> ( <i>press 1 for crisis support</i> ) for 24-hour support

You can also call 911 or visit a hospital emergency room



## If it’s not a crisis and you have a concern or want to focus on prevention

Resource	Contact info
<b>LifeWorks – Western’s Employee Assistance Program (EAP)</b> Contact LifeWorks for free, confidential counselling and lifestyle support, including legal, health, nutrition and parent supports, plus job search and career development, and more.	Call <b>1-844-880-9142</b> ( <i>press 2 to make an appointment</i> ) Register your access to <a href="http://LifeWorks.com">LifeWorks.com</a> or the LifeWorks app <a href="http://uwo.ca/hr/benefits/eap">uwo.ca/hr/benefits/eap</a>
<b>Bounce Back</b> Check out Bounce Back, a free skill-building program to help manage low mood, mild to moderate depression and anxiety, stress or worry.	<a href="http://bouncebackontario.ca">bouncebackontario.ca</a>
<b>Workplace Health</b> Visit Workplace Health for access to an occupational nurse, health screenings for occupational hazards, immunizations, allergy shots, and more.	<a href="http://uwo.ca/hr/safety/well_being/workplace_health.html">uwo.ca/hr/safety/well_being/workplace_health.html</a>
<b>Employee Well-being</b> See the Employee Well-being webpage for details about the supportive and proactive services and programs to help you be at your physical and mental best.	<a href="http://uwo.ca/hr/safety/well_being/index.html">uwo.ca/hr/safety/well_being/index.html</a>

### Living Well @ Western

To support your mental health and overall health, we offer virtual and in-person well-being activities – including yoga, stretching, meditation, and more!

Don't forget to check back often – we're continuously updating our activities and resources.

Scan the QR code ► to visit the **Living Well @ Western** website and see what's available this month.

