

# MENTAL HEALTH WARNING SIGNS CHECKLIST

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<b>MENTAL ILL HEALTH WARNING SIGNS CHECKLIST</b>		
Work through the questions below to identify possible mental health issues in the workplace:		
<b>Question</b>	<b>Yes</b>	<b>No</b>
Have there been changes in the person's behaviour, mood or how they interact with colleagues?		
Have there been changes in their work output, motivation levels or focus?		
Are they struggling to make decisions, get organised and find solutions to problems?		
Do they appear tired, anxious or withdrawn and losing interest in activities and tasks they previously enjoyed?		
Have there been changes in their appetite or increased smoking and drinking?		

One or two of these symptoms alone cannot predict a mental illness, but they may signal the need for further evaluation. If a person exhibits many symptoms at once and the symptoms are interfering with their ability to work, or interact with others, they should seek guidance from a mental health professional. Suicidal thoughts or intent, as well as thoughts of hurting others, require immediate attention.