PSHSA.ca Public Services Health & Safety Association

Stronger, Together.

Strength doesn't mean silence.

Know the **Signs.**

Changes in mood, behaviour, or sleep can signal a mental health concern or that psychological harm has occurred. Early recognition can support wellbeing, recovery and connection to support.

Changes in Mood

- Feeling anxious, low or more irritable than usual
- Loss of interest or enjoyment in things that once mattered

Changes in Behaviour

- Withdrawal from others
- Reduced motivation or changes in performance
- Increased risk-taking or feeling concerned about safety

Sleep Changes

- Difficulty falling or staying asleep
- Sleeping much more than usual
- Nightmares or restless, unrefreshing sleep

Social or Connection Changes

- Avoiding coworkers, friends, or family
- Reduced participation in team or social activities
- Feeling disconnected, numb or isolated

Trauma-Related Stress Response

- Intrusive memories or feeling like experiences are replaying in your head
- Avoiding reminders of difficult events
- Ongoing negative thoughts about self, others or the world
- Feeling constantly "on edge", hyper-alert, or easily startled

You may notice some of these signs, or others not listed. Everyone responds differently to stress and trauma. These reactions do not reflect weakness – they are common human responses to demanding experiences.

It's okay to ask for help.

You're not alone.

Support is available:

If you or someone you know is in crisis, contact:

9-1-1	9-8-8	1-866-531-2600	1-833-677-2668
Immediate emergencies	Suicide Crisis Helpline (24/7)	ConnexOntario (mental health and addictions)	Peer Support: Boots on the Ground