# A 5

#### Triggers signs & of mental ill health

We all have mental health just as we have physical health, but it can seem more difficult to spot the signs of mental ill health. Here are some of the common triggers which might impact on someone's mental health and signs that suggest they may need support.

## Triggers

People often undergo significant life changes without developing a mental health issue. But for some people changes in their work or personal life, including happy events, can prove stressful and may trigger mental ill health.

Here are some examples of circumstances which might trigger mental ill health

### **Personal life changes**





### **Changes at work**



Coping with an increased workload or a promotion

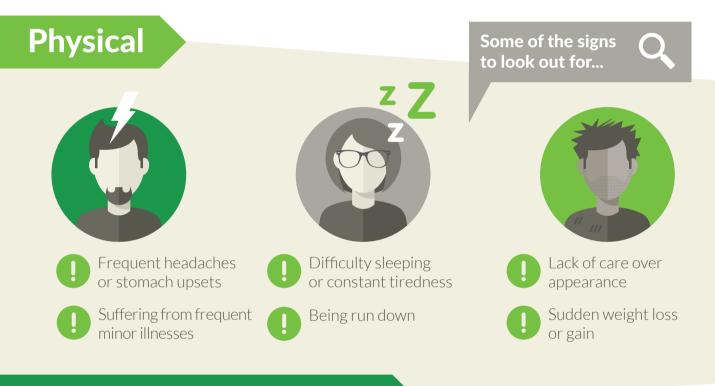
**Poor relationships** with colleagues or managers



**Redundancy**, or fear of redundancy

## Signs to spot

Recognising a mental health issue is the first step in getting the support needed to recover. One of the first signs of mental ill health may be changes in the person's behaviour.



#### **Emotional & behavioural**



- Irritability, aggression or tearfulness
- Being withdrawn, not participating in conversations or social activities
- Increased arguments or conflict with others
- Increased consumption of caffeine, alcohol, cigarettes or sedatives



- Erratic or socially unacceptable behaviour
- A Being louder or more exuberant than usual
- Loss of confidence
- ▲ Difficulty remembering things

Loss of humour

#### At work



Increased errors, missing deadlines or forgetting tasks



Taking on too much work and volunteering for every new project



An employee who is normally punctual arriving late



Look out for these signs that an employee may need more support in the workplace



Working too many hours: first in, last out, sending emails out of hours or while on leave



**Increased sickness** absence



**Being fixated with fair treatment** and quick to use grievance procedures

#### **#Take10Together** this World Mental Health Day.

Visit **mhfaengland.org** to find out about Mental Health First Aid and how you can support a friend, family member, colleague or student with their mental health.

