

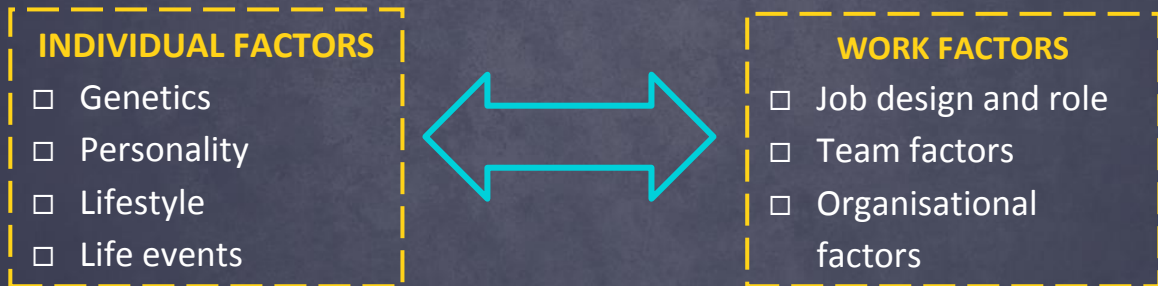
RECOGNISING MENTAL HEALTH ISSUES

COMMON MENTAL ILLNESSES



What Causes Mental Health Problems?

A variety of individual and work factors may contribute to the development of a mental health issue:



The conflict involved in juggling the demands of work and home life can also play a part.

- * Regardless of what has caused mental health problems in your worker, you have a duty of care to help support their recovery and reduce the workplace factors that may impact of their illness.

Signs & Symptoms of Common Mental Illnesses

You don't need to be a mental health specialist to identify team members at risk of developing a mental health issue. A basic understanding of what can cause mental health problems and the signs to look out for can be all you need.

It's your responsibility to reduce stigma associated with mental health by modelling appropriate behaviour towards mental ill health so that people feel comfortable talking about their mental illness and asking for help.

- * Depression, Anxiety, and PTSD are the most common mental health conditions found in the workplace.

SIGNS & SYMPTOMS TO
LOOK OUT FOR



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DEPRESSION

- Constant low/empty/sad mood
- Decreased interest or pleasure
- Significant weight changes without changing diet
- Difficulty sleeping
- Feeling physically and mentally slowed down
- Fatigue or loss of energy
- Feelings of worthlessness or guilt
- Decreased ability to think or concentrate
- Recurrent thoughts of death
- Irritability

For more information
on depression visit:

[beyondblue.org.au/the-facts/
depression](https://beyondblue.org.au/the-facts/depression)
[blackdoginstitute.org.au/
mental-health-wellbeing/
depression](https://blackdoginstitute.org.au/mental-health-wellbeing/depression)

ANXIETY

- Difficulty sleeping
- Fatigue or loss of energy
- Frequent worry
- Concentration problems
- Fear of losing control/going 'crazy'/dying
- Avoiding certain activities
- General restlessness
- Muscle tension
- Upset ('butterflies') stomach
- Sweating
- Difficulty breathing
- Irritability

For more information
on anxiety visit:

[beyondblue.org.au/
the-facts/anxiety](https://beyondblue.org.au/the-facts/anxiety)
[blackdoginstitute.org.au/
mental-health-wellbeing/
anxiety](https://blackdoginstitute.org.au/mental-health-wellbeing/anxiety)

PTSD

- Difficulty in sleeping
- Nightmares or flashbacks to a traumatic event
- Easily startled
- Avoiding people, places or events associated with an event

For more information
on PTSD visit:

[beyondblue.org.au/the-facts/
anxiety/types-of-anxiety/ptsd](https://beyondblue.org.au/the-facts/anxiety/types-of-anxiety/ptsd)
[blackdoginstitute.org.au/mental-
health-wellbeing/post-traumatic
-stress-disorder](https://blackdoginstitute.org.au/mental-health-wellbeing/post-traumatic-stress-disorder)

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