**Checking in on yourself.**

**Resources to support you.**

It is okay not to be okay. It is important to have an honest conversation with yourself. Start by asking yourself:

* How am I doing? What has changed?

**Employee & Family Assistance Program (EFAP):**

Use the services provided by your employer EFAP program to talk to a professional.

<https://www.pac.bluecross.ca/group/large-business/specialty-benefits/employee-family-assistance-program/>

**Check in on your Mental Health:**

Free, anonymous self-assessment tools: Mental Health Meter, What’s Your Stress Index, Work-Life Balance Quiz

<https://cmha.ca/find-info/mental-health/check-in-on-your-mental-health/>

**Crisis Centre:**

24/7 distress phone line, online services, and community education. If you or someone you know is having thoughts of suicide call: 1-800-784-2433 (1-800-SUICIDE)

<https://crisiscentre.bc.ca/>

Watch a video on *5 ways to help someone struggling with their mental health:*

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* How long have I been feeling this way?

Use tools to assess your mental health. It is important to monitor your mental health along with your physical health.

**A person talking to a person

Description automatically generated**

**Checking in on others.**

You never know the challenges someone else may be encountering in their life. Before checking on another person, first ensure you take care of yourself. When checking in others consider not only their physical health but also their mental health. When asking them questions, be present and validate any concerns they may be having. It is important to provide empathy and understanding. Here are some tips and questions you can use when checking in on others:

**Ask open ended questions.**

* + - * How are you doing? What’s been happening in life lately?
      * You don’t seem quite like yourself lately, is something bothering you?
      * I’ve noticed your not going out much lately, anything going on?

**Listen.**

* Offer a listening ear.
* Show them you care and they are being heard.
* Be reflective and repeat what they have said.
* Suggest some resources.

**Do an activity together.**

* Go for a walk. Initiate the conversation.
* Offer to organize an activity they may enjoy. Make them feel comfortable and ask them how they are doing.

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| **MEETING DESCRIPTION** | | | |
| **Meeting Date:** |  | **Time:** |  |
| **Location:** |  | **Supervisor:** |  |
| **Number in Crew:** |  | **Number Attended:** |  |
| **Attended By:** |  |  | **Absent** |
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| **REVIEW ITEMS FROM PREVIOUS MEETING** | **INCIDENTS/INJURIES REVIEWED** |
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| **TOPICS DISCUSSED** |
| 1. **Psychological Health & Safety: Checking-In** |
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| **WORKERS CONCERNS** |
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| **CORRECTIVE ACTIONS TO BE TAKEN** |
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| **MEETING CONDUCTED BY** | | | |
| **Supervisor:** |  | **Manager:** |  |
| **Date:** |  | **Date:** |  |