



LION



BestM.E



LOOK OUT FOR

Any changes in appearance, mood, behaviour or how thoughts are expressed like:

- Feeling sad, down, overwhelmed or unable to cope.
- Feeling tired, fatigued or difficulty sleeping.
- Avoiding/withdrawing from workmates or social life.
- Regularly late for work, sick & run down.
- Feeling angry, always negative & easily frustrated.
- Panic attacks, catastrophising or persistent, excessive worry.
- An increased use of alcohol or other drugs.



LION

WHERE TO FIND MORE INFORMATION

- www.Depression.org.nz
or **0800 111 757**
- www.mentalhealth.org.nz
- Lion BestM.E SharePoint Site

LION EAP

- Contact EAP Services
on **0800 327 669**

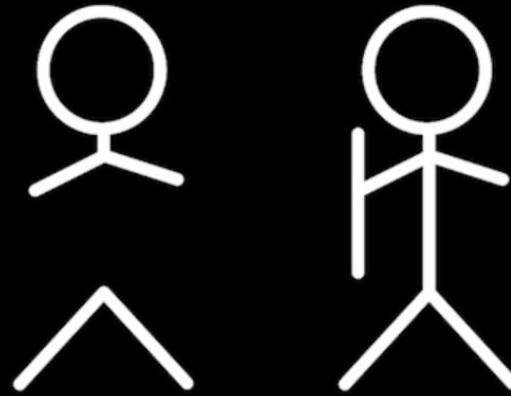
Adapted from Heads ûp & R U OK

TAKE ACTION ON MENTAL HEALTH AT LION



**HERE ARE SOME
SIMPLE TIPS
ABOUT
MENTAL HEALTH.
THEY COULD
MAKE A BIG
DIFFERENCE
TO YOU AND THOSE
AROUND YOU.**

I'VE GOT YOUR back MATE!



HAVE A CONVERSATION...
IT COULD SAVE A LIFE



WHO'S YOUR DESIGNATED LISTENER?

In every group of mates there's one with the job of keeping everyone safe: the designated driver. A mate who volunteers to stay on the waters so you can all stay on the roads.

But another massive threat to kiwi men today is poor mental health. We don't hear about it as much or see it on the telly, but every year hundreds of blokes take their own lives.

And we're not talking about it.

So don't just grow a mo for Movember, be a designated listener. Turn to your mate, ask if they're okay, and let them open up.



