3 ACTIONS TO BE A MENTAL HEALTH CHAMPION AND ALLY

NOTICE
• Be aware of signs of distress in yourself and others.
• Pay attention to how you are feeling and observe changes in overall demeanor and functioning of colleagues and team members.

ACT
• Take care of your mental health and seek treatment when needed.
• Become a mental health ally. Have a nonjudgmental conversation with colleagues and team members to show concern, describe observations, and ask questions.
• Listen and empathize acknowledging the difficulties they are facing.

REFER
• Locate resources, including peer support, that will be beneficial to you and others. One size does not fit all.
• Remind colleagues and team members of the resources available to assist them (without implying an expectation they must use them).
• Have resource information on hand.