Toolbox KITS

MENTAL HEALTH AWARENESS TRAINING

Mental health awareness training

Stress, warning signs, how to ask, where to get help, and what OSHA does and does not require

About 45 minutes, with a 10-question quiz

38 slides | About 45 minutes | 10-question quiz | English + Spanish



SAMPLE

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MODULE 1

The hazard: what we mean by mental health

- [ ] Mental health is how we think, feel and cope with life and work.
- [ ] Stress is normal. When it piles up and does not let up, it can lead to burnout.
- [ ] Depression, anxiety and substance use problems are health conditions, not weakness.
- [ ] They can affect anyone, in any trade and at any age.
- [ ] People do get better with help, such as counseling, medical care and support from others.
- [ ] Suicide can be prevented. Noticing the warning signs gives us a chance to help.

SAMPLE

Toolbox KITS

Crew handout

Mental health at work: crew handout

29 CFR 1926.21, 1926.50, 1910.151, 1904.29, 1904.35

Do

- Save 988 in your phone. Call or text any time, day or night
- Find out how to reach your EAP, if your company has one
- Check in privately when you notice a change that lasts
- Ask directly about suicide if you are worried, and listen
- Stay with someone at risk, and call or text 988 together
- Call 911 if someone is in immediate danger
- Tell your supervisor when you are not fit for a task
- Look after your sleep, food, water and time off

Don't

- Joke about someone getting help
- Promise to keep a secret that puts someone's life at risk
- Leave someone alone who may be thinking about suicide
- Gossip about a coworker's problems
- Take on high-risk work when you are impaired or too upset to focus

SAMPLE

Remember **Notice the change, ask directly, listen, and help them connect. Call or text 988 any time.**

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