

A large, stylized wireframe figure of a person with arms outstretched, composed of light blue lines and dots, set against a dark blue background with faint geometric shapes and a network of darker lines and dots at the bottom.

COMMON SIGNS THAT SOMEONE IS STRUGGLING WITH THEIR MENTAL HEALTH AT WORK.....

IT'S THE LITTLE THINGS

Arming you with the knowledge and understanding of the little things

Below is a list of common signs to look out for within the workplace, if someone may be struggling with their mental health. The main thing to be mindful of is to look out for changes, in relation to how you may have experienced them previously. Of course, not everyone who presents with some of these signs will be struggling with mental health, but these would be the most common signs which you would be able to notice both in person or online.

Signs that someone may be struggling

- Withdrawing from interactions with people, both socially and in meetings (online or in person)
- Struggling to stay focused on work that needs doing or during conversations
- Being more forgetful than normal and struggling to remember things that have been said or agreed
- Taking more time off work or regularly calling in absent
- Decreased motivation, reduced productivity, or inconsistent output
- Looking agitated, anxious, stressed, restless or upset more regularly
- Looking more tired than normal on a persistent basis
- Fluctuating moods and struggling to find enjoyment or fun in things
- Responding more emotionally to situations, either getting upset, being more irritable or even angry
- Difficulty making decisions
- Voicing excessive worry or stress over things that would not normally worry them
- Struggling to manage workloads and/or struggling to stay as organised as they normally would be
- Struggling to meet deadlines
- Being overly self-critical or judgemental on themselves or the work they are producing
- Reduced confidence in the work they are producing
- Evident changes in their weight or appetite
- Evident change in use of unhealthy coping strategies like alcohol, drugs or smoking