

# Spotting the signs



Feeling **restless** and agitated



Feeling **tearful**



**Not wanting** to talk to or be with people



**JustSafety**   
Health & Safety Made Easy

Using alcohol or drugs to **cope** with feelings



Not replying to messages or being **distant**



**Not wanting** to do things you usually enjoy

Finding it **hard** to cope with everyday things



Recent **inability** to **concentrate** on their work or in meetings

Recent **inability** to **complete** any of their work



New pattern of unexplained **lateness** or **absences**

**Let's talk**

 020 3510 5018

 support@matesinmind.org

\* Samaritans, [2019], 'If you're worried about someone else', Available at: <https://www.samaritans.org>  
The Prince's Responsible Business Network, Reducing the risk of suicide: a toolkit for employers, [2019], [ebook] Business In The Community, Available at: <https://wellbeing.bitc.org.uk>