

Mental health resources at PSE

For the ups and downs in life

We all have a state of mental health 100% of the time. It falls somewhere along a continuum and can vary depending on life and health circumstances. Find the resources to meet you where you are. No matter where you are on the continuum, PSE offers services to help you stay well and feel better. Some services are also available for family members as well.

The use of services is confidential.



Healthy

- Normal mood fluctuations
- Calm, taking things in stride
- Good sense of humor
- Performing well
- In control mentally
- Normal sleep patterns
- Few sleep difficulties
- Physically well
- Good energy level
- Physically & socially active
- No or limited alcohol use/gambling

Reacting

- Irritable/impatient
- Nervous
- Sad/overwhelmed
- Displaced sarcasm
- Procrastinating
- Forgetful
- Trouble sleeping
- Intrusive thoughts
- Nightmares
- Muscle tension/headaches
- Low energy
- Decreased activity/socializing
- Regular but controlled alcohol use/gambling

Injured

- Angry
- Anxious
- Pervasively sad/hopeless
- Negative attitude
- Poor performance/workaholic
- Poor concentration/decisions
- Restless disturbed sleep
- Recurrent images/nightmares
- Increased aches & pains

Ill

- Angry outbursts/aggression
- Excessive anxiety/panic attacks
- Depressed/suicidal thoughts
- Overly Insubordinate
- Can't perform duties, control behavior, or concentrate
- Can't fall asleep or stay asleep
- Sleeping too much or too little
- Physical illnesses
- Constantly fatigued
- Not going out or answering phone
- Alcohol or gambling or other addictions

See reverse for applicable resources

Continuum sources: United States Marine Corps Department of Psychiatry and the Canadian Forces Primary Leadership Curriculum

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HEALTHY

REACTING

Employee Assistance Program “EAP”

- Employee Assistance Program “EAP” for supportive information, resources, referrals and services [REDACTED]

My Wellness@PSE

- for health and wellness challenges including mindfulness, resilience, and coaching [REDACTED]

INJURED

Employee Assistance Program “EAP”

- Employee Assistance Program “EAP” for supportive information, resources, referrals and services [REDACTED]

Health care providers

- [REDACTED] or your **health care provider** for mental health care
- [REDACTED] or your **health care provider** for mental health care

- [REDACTED] for job modifications to help you keep working [REDACTED]

- [REDACTED] for time off for treatment and recovery [REDACTED]

ILL

If suicidal call 911

If considering suicide

- call The Suicide Prevention Hotline 1-800-273-TALK

Health care providers

- [REDACTED] or your **health care provider** for mental health care
- [REDACTED] or your **health care provider** for mental health care

- [REDACTED] for time off for treatment and recovery [REDACTED]