

Bases

Safety Partnership



**MENTAL HEALTH
RESOURCE FOR WORKERS**

www.lambtonbases.ca

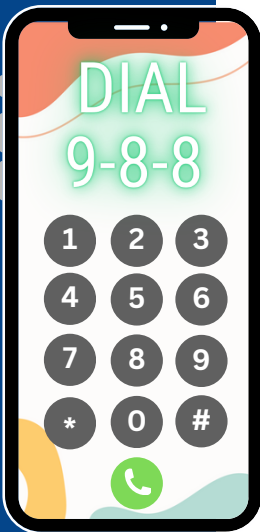


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It is important to note that this document is for information purposes only and does not constitute, or intend to constitute, legal advice or service.

WHAT TO DO IN A CRISIS



If you or someone you care about is experiencing a mental health crisis, seek help immediately! Someone may be experiencing a mental health crisis if they:

- Are feeling desperate or hopeless.
- Are worried they might hurt themselves, someone else, or having thoughts of suicide.
- Are feeling alone with no one to talk to.
- Have made a plan or have the means to hurt themselves or someone else.
- Have attempted suicide or hurt themselves before.

There are services available to get help, so don't wait. Contact an organization in the list below. You are not alone.

Centre for Addiction and Mental Health (CAMH)

*Dial **988** for the Suicide Crisis Helpline*

Bluewater Health Hospital

Emergency department, crisis intervention, and Psychiatric Assessment Nurse

89 Norman St., Sarnia

519-464-4500

450 Blanche St., Petrolia

519-882-1170

Lambton Mental Health First Response Team

via CMHA-Lambton Kent

519-336-3445 or

1-800-307-4319

**In-Person/walk in crisis services are available Monday-Friday*

8:30am-5pm

Family Counseling Centre

Available 9:00am - 11:00pm

1-888-DISTRES (347-8737)

Tel-Check Program 519-336-0120



WHAT WE CAN DO

Ask - R U OK?

If you see someone struggling, find the right place and ask....are you o.k.?

Listen - Without Judgement.

If they do answer, then just listen without judgement. Don't interrupt, and don't try to solve or dismiss the problem.

Encourage Action - Offer support.

Encourage them to reach out to a professional for help. Some local resources have been included below.

Check In - Follow up.

Reinforce that you are there and care, with a friendly check in to offer support as you feel is necessary.

Mental Health Continuum

HEALTHY



- Normal fluctuations in mood
- Normal sleep patterns
- Physically well, full of energy
- Consistent performance
- Socially active

REACTING



- Nervousness, irritability, sadness
- Trouble sleeping
- Tired/low energy/muscle tension, headaches
- Procrastination
- Decreased social activity

INJURED



- Anxiety, anger, pervasive sadness, hopelessness
- Restless or disturbed sleep
- Fatigue, aches and pains
- Decreased performance, absenteeism
- Social avoidance or withdrawal

ILL



- Excessive anxiety, easily enraged, depressed mood
- Unable to fall or stay asleep
- Exhaustion, physical illness
- Unable to perform duties, absenteeism
- Isolation, avoiding social events

Actions to take at each Phase of the Continuum

- Focus on task at hand
- Break problems into manageable chunks
- Identify and nurture support systems
- Maintain healthy lifestyle

- Recognize limits
- Get adequate rest, food, and exercise
- Engage in healthy coping strategies
- Identify and minimize stressors

- Identify and understand own signs of distress
- Talk with someone
- Seek help
- Seek social support instead of withdrawing

- Seek consultation as needed
- Follow health care provider recommendations
- Regain physical and mental health

CHECK IN ON YOUR MENTAL HEALTH

The Canadian Mental Health Association (CMHA) offers free Mental Health Support Tools.

Click on the links below to access them.

MENTAL HEALTH METER

<https://cmha.ca/find-info/mental-health/check-in-on-your-mental-health/mental-health-meter/>

WHATS YOUR STRESS INDEX?

<https://cmha.ca/find-info/mental-health/check-in-on-your-mental-health/whats-your-stress-index/>

WORK LIFE BALANCE QUIZ

<https://cmha.ca/find-info/mental-health/check-in-on-your-mental-health/work-life-balance-quiz/>



Use the **STOP** criteria to recognize attitudes and actions that support ending the stigma of mental health conditions. It's easy, just ask yourself if what you hear:

- **S**tereotypes people with mental health conditions (that is, assumes they are all alike rather than individuals)?
- **T**rivializes or belittles people with mental health conditions and/or the condition itself?
- **O**ffends people with mental health conditions by insulting them?
- **P**atronizes people with mental health conditions by treating them as if they were not as good as other people?

Start with yourself. Be thoughtful about your own choice of words. Use accurate and sensitive words when talking about people with mental health conditions.

BUILDING AND CONSTRUCTION TRADES EAP CONTACT LIST

Boilermakers Local 128

128 Business Park Dr.
Sarnia, ON
N7W 0A3
(519)336-6051

**EAP # - (866) 990-1113
and (888) 234-0414**

IBEW Local 530

128 Kendall Street
Point Edward, ON
N7V 4G5
(519) 344-4154

EAP # - (519) 336-0120

Carpenters Local 1256

100 Business Park Dr.
Sarnia, ON
N7T 7H2
(519) 344-2352

EAP # - (833) 375-0267

Ironworkers Local 700

4069 Essex County Rd. 46
Maidstone, ON
NOR 1K0
(519) 737-7110

EAP # (800) 258-0580

Heat & Frost Insulators & Asbestos Workers Local 95

144 Lochiel Street
Sarnia, ON
N7T 4C1
(289) 459-0122

EAP# - (800) 867-5615

IUOE Local 793

1390A Lougar Ave
Sarnia, ON
N7S 5N7
(519) 337-2053

EAP # - (800) 484-0152

BUILDING AND CONSTRUCTION TRADES EAP CONTACT LIST

Labourers (Liuna) Local 1089

1255 Confederation Street
Sarnia, ON
N7S 4M7
(519) 332-1089

EAP# - (519) 281-0078

Millwrights Local 1592

780 Phillip Street East
Sarnia, ON
N7T 1Z6
(519) 337-7021

EAP # - (800) 663-1142

Painters and Allied Trades Locals 1494/1590

276 Tecumseh Street
Sarnia Ontario,
N7T 2K9
(519) 337-3791

EAP # - (519) 464-3791

Plumber & Pipefitters Local 663

1151 Confederation Street
Sarnia, ON
N7S 3Y5
(519) 337-6569

Telus EAP# - (833) 778-2627

Family EAP# -(519) 336-0120

SMWIA Local 235

1695 Gladstone Ave
Windsor, ON
N8W 2N2
(519) 945-0500

EAP # - (800) 387-4764

RESOURCES

Check out our list of practice-based resources hand-picked by the Safety Partnership Mental Health Working Group that could help support you and your loved ones' mental health.

Mental Health Supports:

- Minds Connected by Lambton Public Health
- Family Counselling Centre Sarnia Lambton
- Bluewater Health - Psychiatric Assessment Nurse
- Canadian Mental Health Association
- Get Help - (988) Suicide Crisis Help Line
- Canadian Association for Mental Health and Addiction
- Canadian Centre on Substance Use and Addiction
- Mental Health Commission of Canada - Opening Minds
- Threads of Life

Substance Use Supports:

- Bluewater Health - Withdrawal Management, Community Addictions Support Services - (519) 332-4673
- Aamjiwnaang Harm Reduction - (519) 332-6770
- Bluewater Methadone Clinic/RAAM - (519) 337-5000
- Walpole Island Harm Reduction - (519) 627-0767
- Lambton Public Health Harm Reduction - (519) 383-8331
- Kettle & Stony Point Harm Reduction - (519) 786-5647
- Al-Anon - (519) 337-5211
- Narcotics Anonymous



**Safety
Partnership**



WORKER RECOGNITION PROGRAM

To honour excellence in worker safety within Sarnia-Lambton, BASES proudly presents the Safety Partnership Worker Recognition Program. This initiative empowers local employers, supervisors, and workers to acknowledge individuals who actively promote and enhance worker safety. Awards will be presented annually at the Safety Partnership Health & Safety Forum, showcasing exemplary contributions to local workplace safety.

AWARD CATEGORIES



INNOVATION



COMPLIANCE



**LEADERSHIP &
MENTORING**



**INTERVENTION &
PREVENTION**



**NOMINATE A
WORKER TODAY!**

BASES
www.lambtonbases.ca



Safety Partnership

A DIVISION OF



BLUEWATER ASSOCIATION FOR SAFETY, ENVIRONMENT, AND SUSTAINABILITY
1086 MODELAND ROAD
BUILDING 1020, SUITE 100 N
SARNIA, ON N7S 6L2
(519) 383-1222

TO CONTACT BASES VISIT:
[HTTPS://LAMBTONBASES.CA/CONTACT/](https://lambtonbases.ca/contact/)