



GENUINE CARE

At McCarthy, our partners are our most important and valuable asset. Their well-being and overall mental health is critical to our success and directly ties to how well we demonstrate our core values of Genuine, We, Not I and All In. We have numerous resources readily available to everyone. Please take time to review the materials available here and don't hesitate to contact any of the members of our National Mental Health Team with thoughts and feedback.



HOW'S YOUR MENTAL HEALTH?

MILD	1		Everything is a-okay! There is absolutely nothing wrong. You're probably cuddling a fluffy kitten right now. Enjoy!
	2		You're a bit frustrated or disappointed, but you're easily distracted and cheered up with little effort.
	3		Things are bothering you, but you're coping. You might be overtired or hungry. The emotional equivalent of a headache.
Consider Some Of The Recommendations on Managing Your Mental Health			
MODERATE	4		Today is a bad day (or a few bad days). You still have the skills to get through it, but be gentle with yourself. Use self-care strategies.
	5		Your mental health is starting to impact on your everyday life. Easy things are becoming difficult. You should talk to your doctor.
	6		You can't do things the way you usually do them due to your mental health. Impulsive and compulsive thoughts may be hard to cope with.
You should contact our Personal Assistance Services. They're Here To Help!			
SEVERE	7		You're avoiding things that make you more distressed, but that will make it worse. You should definitely seek help. This is serious.
	8		You can't hide your struggles anymore. You may have issues sleeping, eating, having fun, socializing and work/study. Your mental health is affecting almost all parts of your life.
	9		You're at a critical point. You aren't functioning anymore. You need urgent help. You may be a risk to yourself or others if left untreated.
	10		The worst mental and emotional distress possible. You can no longer care for yourself. You can't imagine things getting any worse. Contact a crisis line immediately.

Contact our Personal Assistance Services Immediately.

MANAGING YOUR MENTAL HEALTH

MAKE		A call to a healthcare professional if you're feeling overwhelmed		Time for friends, family and others who support you
	MODIFY		Your day and make time for 10 minutes of meditation	
MANAGE			Your time for stress relief. Schedule opportunities for exercise and activities you enjoy	
	MINIMIZE		How often you check email and social media	

SIGNS OF STRESS

On Your Body

- Headache
- Muscle tension or pain
- Chest pain
- Fatigue
- Stomach upset
- Sleep Problems

On Your Mood

- Anxiety
- Restlessness
- Lack of motivation or focus
- Feeling overwhelmed
- Irritability or anger
- Sadness or depression

On Your Behavior

- Overeating or undereating
- Angry outbursts
- Drug or alcohol misuse
- Tobacco use
- Social withdrawal
- Exercising less often

EMPLOYEE ASSISTANCE RESOURCES



For confidential assistance 24/7/365, call
General: 1-800-356-0845
California: 1-877-828-3635
Visit PAS online at
www.paseap.com



National Suicide Prevention Lifeline
1-800-273-TALK
(1-800-273-8255)

www.suicidepreventionlifeline.org