



I B E A M

WORKFORCE

EDUCATIONAL VIDEO SERIES

We All Have Mental Health



We all have mental health. It's important to take care of it.

Just as everyone has physical health, we all have mental health, and both are vital to our overall wellbeing.

Mental wellness is a positive state of wellbeing where an individual is able to manage the normal stresses of life, maintain connections with friends and family, seek help when needed, and live as a productive member of society.

Mental illness is a health condition involving change in emotion, thinking, behavior or any combination of these, and is associated with distress and/or problems with functioning in social, work or family activities.

It's normal to have ups and downs, but when these cause disruptions and problems in your day-to-day life or prevent you from functioning as you normally would, there may be something more going on.

Depression and anxiety are common examples of mental illnesses where normal emotional well-being is challenged and there is interference with one's ability to function and enjoy life.

There is no single cause of mental illness; rather, it arises from a complex interplay of various factors. Research shows that mental illness is influenced by a combination of psychological factors (like chronic stress or exposure to trauma and abuse), biological factors (like a family history of mental illness, physical health conditions, hormonal changes, or genetics), environmental factors (such as socioeconomic status, lack of access to care, living in high-stress conditions, or exposure to substance abuse), social factors (like lack of social support, isolation, or lack of community resources), and cultural factors (including societal stigma and discrimination).

Anyone can experience mental illness, but certain factors increase the risk. These include having a blood relative with a history of mental illness, experiencing stressful life situations like financial difficulties, the death of a loved one, divorce, or traumatic experiences such as military combat or being a witness to or victim of an assault. Use of alcohol or recreational drugs, a childhood history of abuse or neglect, living in an unsafe environment, lack of access to mental health care, and having few healthy relationships are also significant risk factors. Cultural factors, such as facing stigma, discrimination, or cultural isolation, can further exacerbate the risk of developing mental health issues.



Video one

**We All Have
Mental Health**

Main points

1. We all have mental health and it's important to take care of it.
2. Anyone can experience a mental illness, but some factors about us can increase our risk.
3. It's important to recognize changes in your mental health that adversely affect your day-to-day life.
4. Seeking help is critical and treatment works.



It's important to recognize changes in your mental health that adversely affect your day-to-day life.

It's important to familiarize yourself with common symptoms associated with mental illness. They may appear differently from person-to-person depending on the mental illness and other relevant circumstances. A few common symptoms to be aware of include:

- Excessive worrying or fear
- Feeling excessively sad or low
- Extreme mood changes, including uncontrollable "highs" or feelings of euphoria
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Changes in sleeping habits or feeling tired and experiencing low energy
- Changes in eating habits such as increased hunger or lack of appetite
- Substance abuse including alcohol or drugs
- Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing "aches and pains")
- Thinking about suicide
- Inability to carry out daily activities or handle daily problems and stress

Seeking help is critical, and treatment works.

If you or a loved one are experiencing mental illness, do not feel ashamed. Mental illnesses are health conditions that need to be treated not unlike diabetes, the flu, or heart disease. And the good news is, mental illness can be treated effectively. With the right treatment and support, the vast majority of people who experience mental illness live happy, productive, and fulfilling lives!



Experiencing a mental illness may sound overwhelming or cause negative feelings, but you are not alone. In fact, mental illness is extremely common.

43.8 million adults, or

1 in 5

will experience a mental illness in any given year.

Within the industry,

57%

of construction workers have experienced a mental health issue.

If you are worried you may be experiencing a mental health crisis or having thoughts of suicide, call, text or chat 988 for the Suicide and Crisis Lifeline.

Contact

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About SAVE

SAVE is a national nonprofit dedicated to ending the tragedy of suicide through education, training, advocacy, and support for suicide loss survivors. We fulfill our mission by:

- Educating and empowering people to identify suicide warning signs and refer those at risk to the support they need;
- Providing empathetic assistance and valuable resources to help suicide loss survivors navigate the devastating loss of a loved one;
- Advocating at state and national levels to amplify voices of those impacted by suicide and create meaningful change.

By offering free educational resources, teaching life-saving skills, supporting suicide loss survivors, and advocating for change, we believe we can make a significant impact and save lives.

About WTW

WTW (NASDAQ: WTW) is in the business of people, risk and capital. With roots dating to 1828, our company has more than 45,000 colleagues serving more than 140 countries and markets. Our values – client focus, teamwork, integrity, respect and excellence – underlie all that we do, including how we behave and interact with each other. They are part of our WTW DNA. wtwco.com



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