

# Mental Health Tips for Young Workers



STARTING A NEW JOB CAN BE AN ANXIOUS TIME. REFERENCE THESE TIPS TO HELP YOU STAY PHYSICALLY AND MENTALLY HEALTHY WHILE AT WORK!

## 1) Know your Rights and Responsibilities

- a. The Right to KNOW about dangers in the workplace
- b. The Right to PARTICIPATE in health and safety related activities
- c. The Right to REFUSE unusually dangerous work

## 2) STOP and ASK

- a. If you are unsure how to do a task, unsure if something is safe or not - don't just do it. Stop and ask what the safe and correct way to do it!
- b. Always report incidents!
- c. If you feel overwhelmed, ask for help!
- d. Bullying or Harassment? Talk to your supervisor, boss or Human Resources - no one deserves to be harassed. Don't just brush it off.

## 3) Pay Attention

- a. During your training and orientation
- b. To your workplace policies and procedures
- c. While you are working
- d. Where to go for help
- e. Who to go to if you have questions

