

Mental Health Check Up



***You visit your doctor once a year
for a physical health check up.***

***When was the last time you had
a mental health check up?***

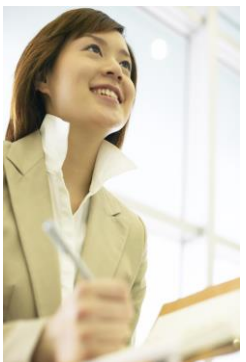
From time to time, everyone experiences problems and struggles that can negatively affect our mental health. Yet, many people with mental health issues do not seek treatment because they fail to recognize the signs and symptoms, or they are too embarrassed to reach out for help. Recognizing and identifying when the problems and struggles may require professional assistance is essential.

A wide range of self-assessment tools including the Mental Health Meter, Check Up from the Neck Up and the Stress Test are available on the Facing Facts website. These will help you identify specific areas you wish to focus on.

The outcome of the assessments can also be the starting point for a discussion between you and your physician if risks are identified, or alternatively they can confirm that the steps you are already taking to maintain your mental health are paying off.

Ability to enjoy life, resilience, balance, self-actualization and flexibility – these are the characteristics of mental health defined by the Canadian Mental Health Association. This year, make a realistic New Year's resolution; resolve to improve or maintain your mental health.

Assessment tools and resources can be found at Facing Facts by visiting www.virtualwellness.ualberta.ca



Resources and Supports Available:

Assistance for Staff

Human Resource Services (OHE)
Phone: 780.492.7124
www.hrs.ualberta.ca/worklife

Employee and Family Assistance Program
Phone: 780.428.7587
www.hrs.ualberta.ca/efap

Assistance for Postdoctoral Fellows

Postdoctoral Fellows Assistance Program
Phone: 780.428.7587
www.hrs.ualberta.ca/pdap

Assistance for Students

Counseling & Clinical Services
Phone: 780.492.5205
www.uwell.ualberta.ca

Graduate Student Assistance Program
Phone: 780.428.7587
www.hrs.ualberta.ca/gsap