



1

Disinterest

they display unusual disinterest or disregard for work and noticeable changes in concentration

2

Isolation

you've noticed them withdrawing from friends, family, and colleagues

3

Demeanour

they express frustration, prolonged irritability, or outbursts of anger that seem out of character

4

Appearance

their appearance may have significantly changed or they may behave in a manner that seems unusual for them

5

Hopelessness

they've expressed suicidal thoughts, feelings of hopelessness, or a need for support

five
signs that
a colleague
may be
struggling

*if the individual is at imminent risk of harm, including thoughts of suicide and can no longer stay safe, call 911 or ext. 4444

one
in
five