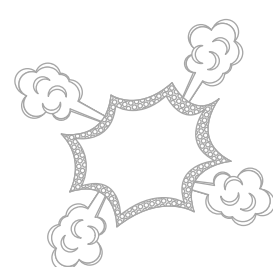


# Looking Out for Your Mental Wellness

The first step to getting the support you need is self-awareness. Take a moment to reflect on how you've felt at home and at work over the last few weeks.

If you are experiencing any of the warning signs described below, please reach out for support. The **NAMI Chicago Helpline 833.626.4244** is available to help you connect to care.

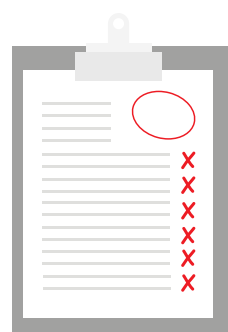
## At Work



You notice yourself feeling **cynical** or **irritable**



Any **transition**, including small or positive changes, seems insurmountable



The quality of your work product has diminished, or it is **challenging** to put effort in



You find **less joy** in your work



You feel **overwhelmingly anxious** or worried, interfering with your emotional health or work

## At Home

You feel **exhausted**, even after a good night's rest

You are **irritable** with friends and family, or you find yourself withdrawing **socially**

**Activities and hobbies** you once enjoyed are **less pleasurable**



## Resources

- Call the **NAMI Chicago Helpline 833.626.4244**
- Reach out to a mental health provider



## Take care of your emotional and mental well-being

You deserve the tools and support to feel your best at work and at home.