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.

---

@NAMIChicago

For information, referrals, or support, call the NAMI Chicago Helpline at: 833-626-4244

M-F 9am-8pm
Sat & Sun 9am-5pm