**<INSERT ORGANISATION NAME> MENTAL ILL HEALTH WARNING SIGNS CHECKLIST**

| **MENTAL ILL HEALTH WARNING SIGNS CHECKLIST** | | |
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| Work through the questions below to identify possible mental health issues in the workplace. The more yeses you tick, the more likely it is the person may have a developing mental health issue. | | |
| **Question** | **Yes** | **No** |
| Have there been changes in the person’s behaviour, mood or how they interact with colleagues? |  |  |
| Have there been changes in their work output, motivation levels or focus? |  |  |
| Are they struggling to make decisions, get organised and find solutions to problems? |  |  |
| Do they appear tired, anxious or withdrawn and losing interest in activities and tasks they previously enjoyed? |  |  |
| Have there been changes in their appetite or increased smoking and drinking? |  |  |