

MENTAL HEALTH CONCERN

Steve woke up feeling very down. He does not have an appetite to eat breakfast nor he doesn't want to go to work. He feels there's no sense in going to work or even doing anything else. He just wants to sleep the whole day. He has been feeling this for the past 3 days. Steve tried to report for work and do the tasks assigned to him, but he seems to get things wrong. The quality of his work is not the same as it used to be.

- What do you think is happening here?

I think Steve might have a serious issue he is facing right now and he needs immediate help concerning this.

- If you were Steve's supervisor and you noticed the change in Steve's output after 3 days, what would you do?

I will meet Steve and ask what is going on with him and encourage him to be strong and keep the focus on the positive aspects of life.

- If you were Steve, how are you going to communicate this to your supervisor and teammates?

I will communicate to them that I need help with this matter and if possible if they can give me some advice regarding my situation.