**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 of 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. His quality of his work is not the same as it used to be.

1. What do you think is happening here?

-Steve is having a troubled mind that’s preventing him to work at his best.

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

* I will try to communicate with Steve in a best possible manner, I will try to ask him what is going on with him, ask if he has a problem and I will tell him that I may be busy but I am always ready to listen, just set up a date so that I will be available.

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

* If I were Steve, I know that this is going to be hard for me to let things out but, I have to tell them or give them a clue of what going in my mind. Or I will build up my courage and tell them what’s going on because I know it is affecting the productivity of the company.