**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.

1. What do you think is happening here?
   1. **He don’t have any motivation that’s why he’s feeling down, he need to find someone who can talk to about his mental health. In this case he might get fired from the company. Steve needs to inform his company or supervisor regarding his health, so that the company or the supervisor are fully aware of his situation.**
2. If you were Steve's supervisor and you noticed the change in Steve's output after 3 days, what would you do?
   1. **If I were Steve’s supervisor, I will approach him 1:1, ask him in a polite way about his output and if there is something wrong about him.**
3. If you were Steve, how are you going to communicate this to your supervisor and teammates?
   1. **I will communicate with my supervisor by saying, that I’m very sorry for my output for the past 3 days, I’m feeling so down, I know it may sound like an excuse but I having hard time dealing with my mental health but rest assured that I’ve been taking care of myself, I already did go to a doctor and checked up. I will make up for those days that I’ve been burden to you and to my teammates.**