# 5

### Triggers Signs & of mental ill health

We all have mental health just as we have physical health, but it can seem more difficult to spot the signs of mental ill health. Here are some of the common triggers which might impact on someone's mental health and signs that suggest they may need support.

# Triggers

People often undergo significant life changes without developing a mental health issue. But for some people changes in their work or personal life, including happy events, can prove stressful and may trigger mental ill health.

Here are some examples of circumstances which might trigger mental ill health

## **Personal life changes**



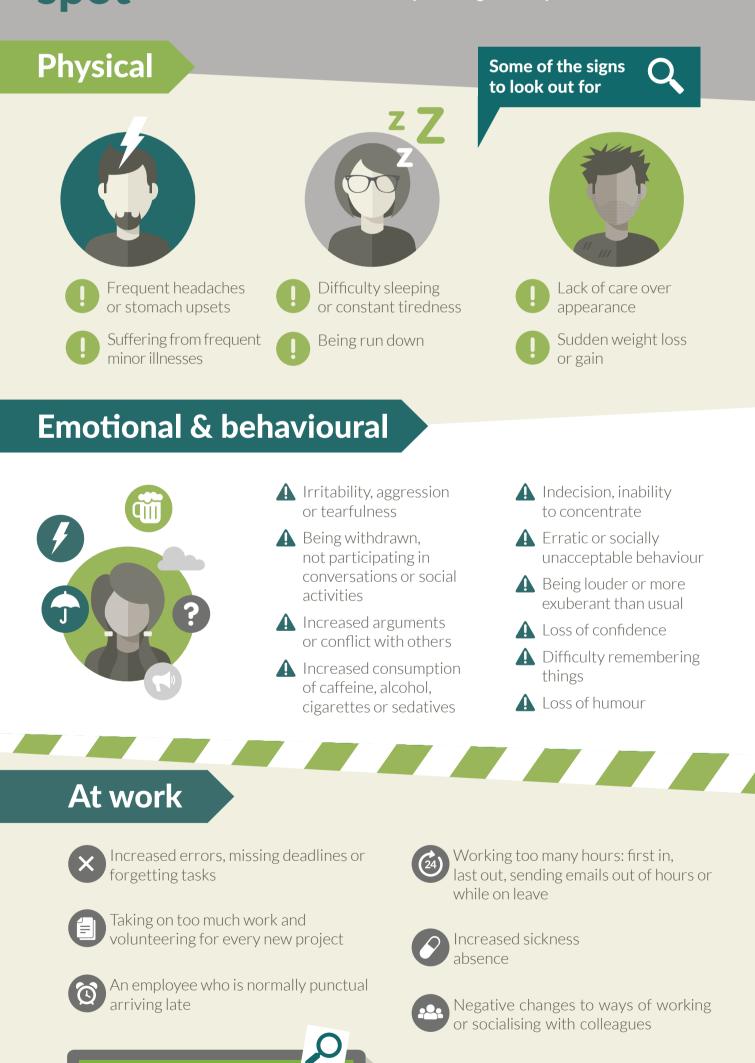
increased workload or a promotion

with colleagues or managers



# Signs to spot

Recognising a mental health issue is the first step in getting the support needed to recover. One of the first signs of mental ill health may be changes in the person's behaviour.



Look out for these signs that an employee may need more support in the workplace



To learn more about how employers can support the mental wellbeing of their staff, visit mhfaengland.org and download a free copy of our Line Manager's Resource

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