



NORSTEEL SAFETY SENTINEL

PROMOTING A SAFE WORKING ENVIRONMENT

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MENTAL HEALTH AWARENESS MONTH

CREATING A SAFER WORKPLACE STARTS WITH MENTAL WELLNESS

COMMON WORKPLACE STRESSORS

- ⇒ Heavy workloads or unrealistic deadlines
- ⇒ Lack of control or unclear expectations
- ⇒ Conflict with coworkers or management
- ⇒ Exposure to hazardous environments or traumatic events

Recognizing these stressors early helps prevent burnout, anxiety, and even injury.

Please call your supervisor or the office at any time, should you feel any stressors at work.

Why Mental Health Matters at Work

May is **Mental Health Awareness Month**, a time to recognize the importance of mental well-being and reduce the stigma surrounding mental health challenges. In any industry, mental health is just as critical as physical safety. When we take care of our minds, we can stay focused, avoid accidents, and support each other better.

SIGNS SOMEONE MIGHT BE STRUGGLING

Keep an eye out for:

- Increased irritability or withdrawal
- Fatigue or trouble concentrating
- Changes in work performance
- Physical complaints without a clear cause

If you notice these signs in yourself or others, speak up. A simple check-in can make a big difference.

YOU
MATTER

TIPS THAT CAN HELP

1. TAKE BREAKS

Step away for a few minutes to clear your head.

2. TALK ABOUT IT

Open up to a co worker, supervisor, or mental health professional.

3. MOVE YOUR BODY

Physical activity supports brain health

4. SLEEP AND EAT WELL

Rest and nutrition are vital for mental resilience

5. KNOW YOUR LIMITS

Speak up if you are overwhelmed.

COMPANY RESOURCES

ELIGIBILITY	All Norsteel Employees and Dependents
BENEFIT DESCRIPTION	Effective mental health care that's centered around you. Mind Beacon offers mental health tools you can access from the comfort of your computer.
STRONGER MINDS	Articles, videos and virtual events led by mental health experts. Resources are delivered to your inbox.
LIVE THERAPY SESSIONS	Face-to-face, video or phone appointments with a registered therapist.
THERAPIST GUIDED PROGRAM	A 12 week guided course made available on any device that is built for you by a registered therapist.
WEBSITE	http://www.mindbeacon.com/bccabenefits
EMAIL ADDRESS	help@mindbeacon.com

LET'S BUILD A SUPPORTIVE CULTURE

Mental health is everyone's responsibility. This May let's commit to looking out for ourselves and each other—not just this month, but every day.

TOGETHER, WE CAN CREATE A WORKPLACE WHERE IT'S SAFE TO SPEAK UP, SAFE TO SLOW DOWN, AND SAFE TO BE HUMAN.