

MAINTAINING YOUR MENTAL HEALTH WHEN

# RETURNING TO WORK

- Speak with your employer about your concerns
- Prioritize your mental health and wellbeing
- Take time for self-care
- Stay up to date with the latest public health and workplace policies
- Maintain a healthy work-life balance
- Seek help if you need it



**Mood Disorders** Society of Canada

La Société Pour **Les Troubles de L'Humeur** du Canada