

# Are you experiencing stress?

## Encourage everyone at work to:



**T**

**TELL**

someone how  
you are feeling

**A**

**ASK**

for help

**L**

**LOOK**

for signs and  
symptoms of  
distress in  
co-workers

**K**

**KEEP**

the conversation  
about mental  
health going

**Good headspace helps make a safe workplace**



[www.osha.gov/workplace-stress/](http://www.osha.gov/workplace-stress/)