

# NATIONAL SAFETY MONTH

## WEEK 3: SAFETY AND MENTAL HEALTH

LET'S LOOK AT AN OFTEN OVERLOOKED BUT CRITICAL ASPECT OF SAFETY — MENTAL HEALTH.

STRESS, FATIGUE, AND BURNOUT CAN AFFECT FOCUS, DECISION-MAKING, AND OVERALL SAFETY, BOTH AT WORK AND AT HOME.



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### WHY DOES MENTAL HEALTH MATTERS FOR SAFETY?

- PROMOTES BETTER AWARENESS AND DECISION MAKING
- REDUCES THE RISK OF INCIDENTS CAUSED BY DISTRACTION OR FATIGUE
- SUPPORTS A HEALTHIER, MORE RESILIENT CAMPUS COMMUNITY



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### HOW CAN YOU SUPPORT MENTAL WELL-BEING?

- TAKE REGULAR BREAKS AND PRIORITIZE REST
- STAY CONNECTED WITH COLLEAGUES, FRIENDS, AND FAMILY
- SPEAK UP AND SEEK SUPPORT WHEN NEEDED
- BE MINDFUL OF OTHERS. CHECK IN AND OFFER SUPPORT IF YOU CAN



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SMALL ACTIONS LIKE CHECKING IN ON A COLLEAGUE  
OR TAKING TIME TO RECHARGE CAN MAKE A BIG  
IMPACT.

TAKE A MOMENT THIS WEEK TO EXPLORE MENTAL  
HEALTH RESOURCES AT FIU TO PRIORITIZE YOUR  
WELL-BEING.



Counseling and Psychological Serv... [Overview](#) [Services](#) [Requests](#) [Meet the Staff](#)

### Counseling and Psychological Services

At FIU's Counseling & Psychological Services (CAPS), our mission is to provide all FIU students with mental health services and support that will facilitate and enhance their personal growth, emotional well-being, and academic skills development.

### Employee Assistance



#### Welcome to the Office of Employee Assistance (OEA)

#### Help Within Reach

The Office of Employee Assistance (OEA) is the faculty and staff employee assistance program at FIU. The OEA provides free confidential professional assistance to help employees and their families resolve personal problems that affect their lives or job performance. Our mission is to enhance the quality of life of FIU faculty and staff, improve personal effectiveness, and to create a healthier campus community by providing mental health assessments, brief interventions and/or referrals, small group facilitations, crisis responses, and customized educational and training programs.

#### Contact Us

To schedule an appointment for any of our services or to request information for courses, workshops, group events, and more call (305) 348-2469, or email us at [oea@fiu.edu](mailto:oea@fiu.edu).

Appointments are available between 8:30 a.m. – 5:00 p.m. Early morning and evening appointments are available by request.

#### Emergencies

In case of an emergency, call the FIU Police Department 24/7 at (305) 348-5911 (MMC) or (305) 919-5911 (BBC).

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MENTAL HEALTH IS ESSENTIAL TO A STRONG SAFETY CULTURE.

BY SUPPORTING EACH OTHER, WE CAN BUILD A SAFER, HEALTHIER CAMPUS FOR EVERYONE.



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# NATIONAL SAFETY MONTH 30<sup>TH</sup> ANNIVERSARY

HAVE YOU PLAYED TO WIN??

Learn, Play, Win!



[EHS.FIU.EDU/ANNOUNCEMENTS](https://EHS.FIU.EDU/ANNOUNCEMENTS)

