

# Six signs you need to focus on your mental health

**1**

**You are feeling more tired than usual but are struggling to sleep**

**2**

**Negative images and stories and stories are staying with you and preoccupy your thoughts**

**3**

**You feel disconnected and withdraw from people even those close to you**

**4**

**You're not enjoying the things you normally enjoy**

**5**

**You find it difficult to concentrate and be present**

**6**

**You have difficulty in making decisions big or small**

**The CSEAS is here to provide you with a listening ear and a safe and confidential space to talk about what you are experiencing.**

**You are welcome to call us for a one off chat or if you prefer you can speak to us in a more ongoing way.**

**We are here for you.**

**You can contact us to speak with an employee assistance officer in confidence on:  
0818 008 120**

**Email: [cseas@per.gov.ie](mailto:cseas@per.gov.ie)**

**Text for callback: 086 460 4881**

**[www.cseas.per.gov.ie/cseas-front-line-supports](http://www.cseas.per.gov.ie/cseas-front-line-supports)**