

HOW AM I DOING?

Mental Health for Commercial Fishermen



Phase: Resilience

Physically and emotionally healthy
Work satisfaction, work is manageable
Enthusiastic and engaged

Steps to Take

Stay connected with others
Maintain good work-life balance
Reflect on what is going well

Phase: Struggling

Irritable, forgetful, fatigued
Less engaged with others
Difficulty keeping work-life balance healthy

Steps to Take

Be mindful of what is going on around you
Set small manageable goals
Focus on your strengths and what you need from others



Phase: Worrisome

Emotionally withdrawn
Sick often, apathy
Less tolerant, unkempt appearance

Steps to Take

Acknowledge you are struggling
Accept help from others
Ask for professional help

Phase: Distress

Unhealthy mentally and physically
Low to no work production
Suicidality, addictions, breakdowns

Steps to Take

Seek professional help and medical help
Keep yourself safe
Develop a plan to get better



If you are in a crisis, please
call **9-1-1** or the Mental
Health Support Line at
310-6789 (no area code)

PRESENTED BY

fish SAFE