

# HSE NEWSLETTER

## Mental Health & Well-Being at Camp

July - 2025

### Your Well-Being Matters- Even In The Best Camps

Working in a remote camp with great food, clean accommodation, and strong safety systems is something to be proud of—but even the best environments can come with emotional challenges.

*Taking care of your **mental health** is just as important as your physical safety.*

### Common Mental Health Challenges in Remote Camps

- Feeling isolated or homesick
- Fatigue and long working hours
- Stress from workload or personal issues
- Lack of personal space
- Sleep issues

👉 These are normal feelings. You are not alone.

### How to Take Care of Your Mental Well-being

#### 🗣️ Talk to Someone

Don't keep it inside. Speak to your supervisor, HR, or a colleague.

#### 🏃 Stay Active

Use gym and walking areas. Movement helps reduce stress.

#### 🕒 Keep a Routine

Eat well, sleep on time, and maintain personal hygiene.

#### 📞 Stay Connected

Use phone/Wi-Fi to stay in touch with family and friends.

#### 🎯 Use Camp Facilities

Join game rooms, TV areas, or social activities to unwind.

### RECOGNIZING WARNING SIGNS

🔍 Watch for the following signs in yourself or others:

- 😞 Persistent sadness or low mood
- 😴 Changes in sleep patterns (**too much or too little**)
- 🍽️ Appetite changes (**loss of appetite or overeating**)
- 😡 Increased irritability or frequent mood swings
- 🧠 Difficulty concentrating or making decisions
- 🚫 Social withdrawal or loss of interest in usual activities
- ⚠️ Thoughts of self-harm, hopelessness, or feeling overwhelmed

💬 It's okay not to be okay.

**Speak up. Reach out. You're not alone.**

- 📞 Contact your supervisor, camp nurse, HR representative, or use our Grievance system
- 📍 Visit the site clinic