

Are your employees okay?  
Are you okay?



PREPARED BY

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# Are your employees okay? Are you okay?

## Jefferson Center

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## Stay the Course, Stay Safe

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The KEY is to have everything posted and enforces.

1. 

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2. 

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3. 

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4. 

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5. 

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Have you done the list above? What do you need to implement?

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## Promote Wellness

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1. Ensure breaks are taken
2. Learn to recognize verbal and non-verbal cues of stress

*Verbal Cues*

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*Non-Verbal Cues*

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## Communication

**Everyone communicates in a different way. Everyone learns in a different way.**

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1. By Seeing
2. By Hearing
3. By Doing

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## Confidence in Your Brand

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What is on your plate? (Mentally, Physically)

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How are you feeling about your business right now?

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Why did you start your business?

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Are your employees feeling your stress?

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## Additional Resources

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### Emergency & Crisis Services

#### Call or Text

If you don't know where to begin getting mental health, substance use or emotional help for yourself or someone you know—start here. We provide confidential and immediate support, 24/7/365. If you are in crisis or need help dealing with one, call this toll-free number.

1-844-493-8255 or Text TALK to 38255

#### Walk-In

Colorado Crisis Services operates 6 walk-in crisis centers across metro Denver. These centers are open 24/7, and offer confidential, in-person crisis support, information and referrals to anyone in need.

#### Contact Us

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