



HOSTING STUDENTS WITH A MENTAL HEALTH CONCERN

- Anxiety
- Depression
- Bipolar Disorder
- Obsessive Compulsive Disorder (OCD)

Mental Health Concern

A mental health concern is a wide range of conditions that affect mood, thinking and behaviour

- **Anxiety** is feelings of worry, anxiousness or fear that are strong enough to interfere with one's daily activities.
- **Depression** is persistent depressed mood or loss of interest in activities.
- **Bipolar** is associated with episodes of mood swings ranging from depressive lows to manic highs
- **OCD** is excessive thoughts (obsessions) that lead to repetitive behaviours (compulsions)
- In some circumstances the student may be required to take medication and this can be discussed one on one.

With your support and small adaptations, students with mental disorders can be successful in the workplace.



Hosts can provide:

- ✓ Create a consistent routine and team for familiarity
- ✓ Awareness to your workplace to the level the student is comfortable. E.g. the student may be uncomfortable with eye contact or may appear shy.
- ✓ Clear communication regarding any support they may need- regular breaks, change of environment, consistent lunch partners, calm workplace.