



PSYCHOSOCIAL RISKS: IT'S IMPORTANT TO TALK ABOUT THEM



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Health and safety at work

Do you often feel stressed at work? Does it exhaust you? Is a situation of conflict bothering you? Have you been the victim of aggression, unwanted sexual conduct, harassment and/or discrimination at work? Know that you're not on your own.



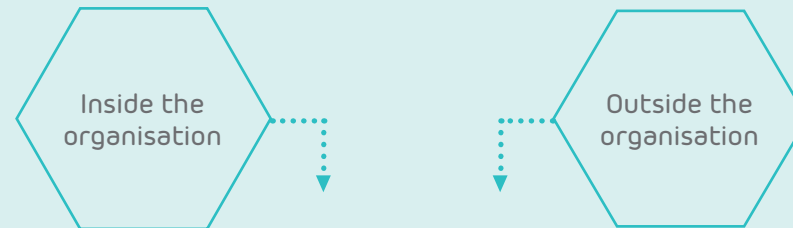
What are the signs?

- You're feeling more nervous, aggressive, you're quickly irritated, sad, etc.
- You find it hard to concentrate, you're making more mistakes, you're forgetting things, etc.
- You suffer from anxiety and panic attacks, you feel exhausted by your work.
- You can't stop worrying about work.
- You suffer from palpitations, insomnia, muscle pain, etc.
- You have an increased or a decreased appetite.
- You feel the need to use products or medication to 'keep going' (coffee, alcohol, sleeping pills, etc.)?
- In short, you no longer feel like yourself.



Who can help?

Don't keep it in. Talk about it!



The HR department, your supervisor or employer can help you find a solution.

If your organisation has a confidential counsellor, you can go to this person for confidential advice or support. Your counsellor's details can be found in the employment regulations.

If you prefer to seek help outside the organisation, you can go to the prevention advisor on psychosocial aspects (PAPA) of the Securex External Occupational health services.

You can reach them at 0800 100 59, from Monday to Friday between 9 a.m. and 5 p.m.



What specifically does this mean?

If you contact your confidential counsellor or PAPA, within 10 calendar days a **confidential** intake talk will first take place. You will be listened to and receive information about possible next steps. At the end of this conversation you can decide to not proceed or to start an informal or formal psychosocial intervention.

In any case, the employer will not be informed of this first talk, unless you want him to.



What types of interventions are there?

Informal psychosocial intervention

The aim of this intervention is to find an informal solution through conversations, interventions with another person of the company (colleague, supervisor, human resources department, etc.) or attempts at mediation.

You can take an informal step yourself or you can prepare or carry it out with the confidential counsellor or the PAPA.

If the informal way does not lead to a positive result, you can still request a formal psychosocial intervention.



Formal psychosocial intervention

Don't you want to use the informal psychosocial intervention? Or is it not having the desired result? Then you can opt for the formal intervention. Only the PAPA can carry out this type of intervention.

There are two situations:

- **With collective character:** we talk about collective risks when several people are at risk of suffering damage. In this case, the problem is on group level.
- **With individual character:** we talk about a psychosocial intervention with an essentially individual character when a person runs the risk of suffering damage.

The PAPA notifies the employer of the request and shares the identity of the person who made the request.

Contact the psychosocial cell of your Securex occupational health and safety service for advice

0800 100 59
health-safety@securex.be

Available from Monday to Friday from 9 a.m. to 5 p.m.