Workers' Comp

Focusing on a Physical Work Injury Could Mean Missing a Mental Health Challenge

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1 MIN READ

When an injury occurs employees place trust in their employer to provide reliable claim professionals, case managers, and providers to shape their recovery, including the mental health challenges that often go hand-in-hand with a physical injury. Identifying an injured employee's comprehensive needs is more important than ever. Compounding stress can impinge on recovery and stir unease about wellbeing. Only by considering the whole person can we achieve the best outcomes.

Questions to ask right away

- How does the injury affect the employee's overall wellbeing?
- If unable to work, what effects is the situation causing?
- Is the injury creating problems at home or with family?
- Is the employee experiencing feelings of isolation?

Consider proven tools to guide recovery

- Techniques such as active listening and behavioral coaching can facilitate improvement
- Talk therapy can serve as an appropriate treatment for mental health obstacles

Routinely look for signs of mental health challenges

- Does the employee appear less confident about recovering and getting back to work?
- Is the employee turning to self-destructive behaviors in an attempt to cope?
- Is the employee receptive to self-care and other means of promoting wellness?
- Is the worker taking any medications or having treatment complicating recovery?

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