

TOP TIPS

What you need to know about depression at work



1

Depression is very common; mixed with anxiety, it is the most common mental health problem affecting adults. 3 in 10 employees will have a mental health problem in any one year.

You probably know someone who is suffering or who has suffered from depression.

2

Depression can affect mood, thinking, behaviour and physical functioning. Sustained changes for more than two weeks are best paid attention to.

Ask your colleague or employee if they are ok if you have noticed changes in them which are out of character.

3

Depression can be caused by chronic stress at work or be nothing to do with work but affect how we function at work. Either way mental health is relevant to the workplace.

Mental health awareness training for all employees in a business is essential; from board to floor.

4

Mild depression can often be easily remedied with simple self care strategies including reducing stress and pressure. Mild depression can develop into moderate depression if left unrecognised or ignored.

If you think you are suffering from depression talk to your manager at work and consult your GP or occupational health as soon as you can.

5

More than half of employees keep quiet about their mental health difficulties for fear of the stigma around mental health.

Organisations where there is a culture of openness and support and there are employee assistance programmes in place have lower absenteeism rates.



Find out how YOURWORKMIND can help you
CALL Dr Julia Moss or Janet Kennedy on 07534 332 745 or
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