

## How Is Depression Handled in the Workplace?

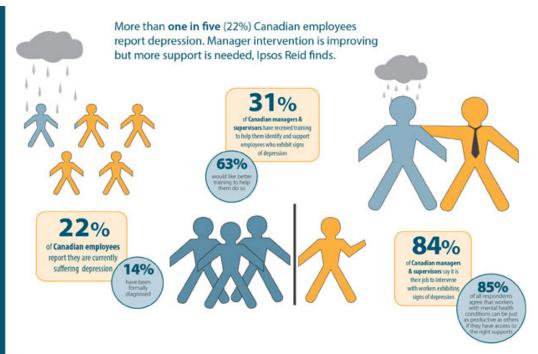
by NEWLIFEOUTLOOK TEAM

## The Workplace and Intervention for Depression

You can still work if you have depression, but you should make sure that you get the right supports. You might be afraid to tell your manager or the people you work with about your depression, but you'll likely find a very supportive environment and people who want to help you get treatment. You may even have benefits that allow you to help cover some of the costs associated with depression therapy. Reach out to others at work, at home, or in the community so you can start enjoying the activities that you once did or feel the passion that you have for your work again.



Workplace Strategies





Source: Ipous Reid poil conducted between July 18th to 24th, 2012, on behalf of the Great-West Life Centre for Mental Health in the Woldpaker. A sample of 6,624 Canadian brunipous" Canadian online panel was interviewed online. This includes a total of 4,307 too-management employees and 2,117 managem/supervisors.



Employers may not be aware of available resources to help them address mental health-related issues in the workplace. Working Through it "
is a fee index-based online program intended to much people who may be struggling with mental health issues at work. It is available through
the Centre at www.workplacestratejesformentalhealth.co.