



# How Is Depression Handled in the Workplace?

by NEWLIFEOUTLOOK TEAM

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## 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.

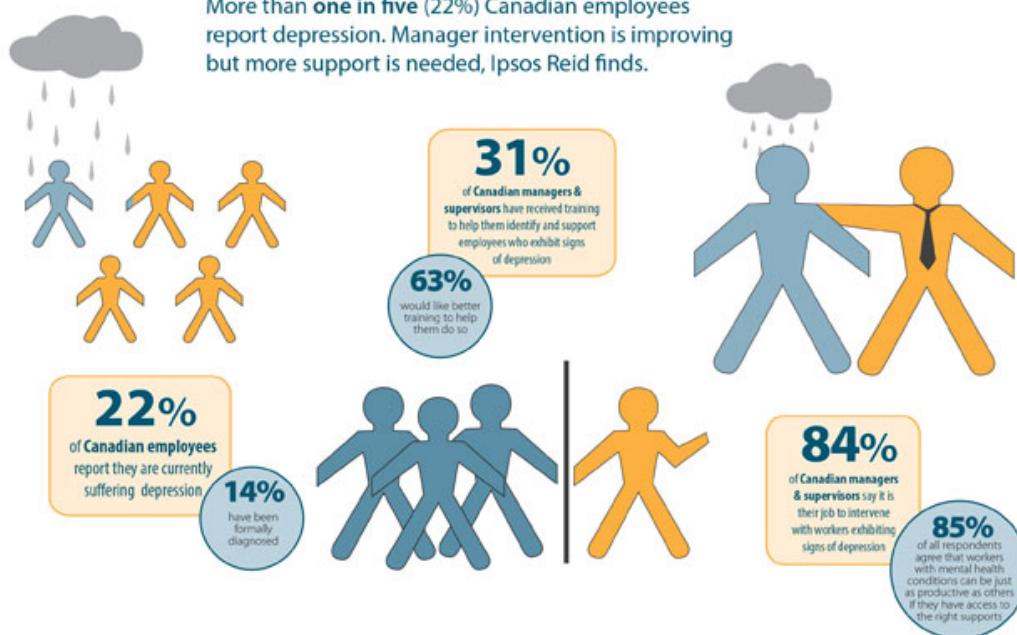
## Depression in the Workplace

The Ipsos Reid survey on depression in the workplace is the latest national survey on workplace mental health. It builds on a 2007 survey on depression in the workplace and a 2009 survey on psychological health and safety in the workplace.

All survey results are available on the Great-West Life Centre for Mental Health in the Workplace website at [www.workplacesstrategiesformentalhealth.com](http://www.workplacesstrategiesformentalhealth.com)

Workplace Strategies  
for Mental Health

More than one in five (22%) Canadian employees report depression. Manager intervention is improving but more support is needed, Ipsos Reid finds.



Source: Ipsos Reid poll conducted between July 18th to 24th, 2012, on behalf of the Great-West Life Centre for Mental Health in the Workplace. A sample of 6,624 Canadians from Ipsos' Canadian online panel was interviewed online. This includes a total of 4,307 non-management employees and 2,317 managers/supervisors.



Great-West Life  
Centre for  
Mental Health  
in the Workplace

Employers may not be aware of available resources to help them address mental health-related issues in the workplace. Working Through It™ is a free video-based online program intended to reach people who may be struggling with mental health issues at work. It is available through the Centre at [www.workplacesstrategiesformentalhealth.ca](http://www.workplacesstrategiesformentalhealth.ca).