

# The corner office means nothing to depression in the workplace



Are you struggling to find focus on the job?

It's OK to not be OK.

**World Mental Health Day is October 10.** It is a great way to change the stigma of depression where you work.

**Look around you, one of your co-workers is likely experiencing depression.**



**1 in 10** adults

are affected by depression.<sup>(1)</sup>

have taken time off work because of depression.<sup>(2)</sup>

**How can you make a difference?**

Take the first step by generating awareness about depression where you work. Know this:



**Up to 8 out of 10**

people with depression see improvement in their symptoms.<sup>(3)</sup>

**Nearly 86%**

of employees treated with medication experience improved performance on the job.



**Don't let the term depression scare you.**

It just means that when you're dealing with depression, you are not yourself.

What depression feels like	How it looks to co-workers
Deep feelings of sadness	Withdrawal, self-isolation
Loss of interest in work or social activities	Indifference
Lack of concentration, slowed thoughts, difficulty thinking and trouble making decisions	Procrastination
Forgetfulness and trouble remembering	Seems "scattered" or absentminded
Trouble sleeping or sleeping too much	Constantly running late, can't get going in the a.m., afternoon fatigue
Feelings of worthlessness or experiencing inappropriate guilt	Unsure of abilities, lack of confidence
Energy loss or increased fatigue	Low motivation, detached
Irritability, anger or tearfulness	Inappropriate reactions, strained relationships
Weight or appetite changes	Change in appearance

1. Kessler RC, Chiu WT, Demler O, Walters EE. Prevalence, severity and comorbidity of twelve-month DSM-IV disorders in the National Comorbidity Survey Replication (NCS-R). Archives of General Psychiatry. 2. World Federation of Mental Health. Investments Made in Depression Should Match the Burden of Disease. Retrieved 3 August 2017. www.wfmh.global. 3. National Institute on Mental Health, What to do when an employee is depressed: a guide for supervisors. NIH Publication No. 96-3919, Rockville MD 1996. 4. Finkelstein, S., Berndt, E., Greenberg, P., Parsley, R., Russell, J., & Keller, M. Improvement in Subjective Work Performance After Treatment of Chronic Depression: Some preliminary results. Psychopharmacology Bulletin. 32 (1996), 33-40.

**Go social.**



@RDBearatWork

World Mental Health Day is a great time to show you are **#RDBearAware**. Be the change today.

- Download the **#RDBearAware** graphic at [rightdirectionforme.com/WMHDay](http://rightdirectionforme.com/WMHDay).
- Take your photo with the download and tweet **#RDBearAware** to show support. You can tag Right Direction **@RDBearatWork** and we will share your photos on World Mental Health Day.



[RightDirectionForMe.com](http://RightDirectionForMe.com)

Right Direction is an effort from the Center for Workplace Mental Health, a program of the American Psychiatric Association Foundation and Employers Health Coalition, Inc., and is supported by Takeda Pharmaceuticals U.S.A., Inc. (TPUSA) and Lundbeck U.S. © 2017 Right Direction.