Depression
Let`s Talk

Mental Health in the Workplace
The workplace is a very important setting to discuss mental health and illness; however, it remains a taboo to be addressed.

What You Should Know

Global competitive processes have created work related stress and its associated disorders.

One in five people at the workplace experience a mental health condition.

Mental health problems have a direct impact on workplaces through increasing absenteeism, reducing productivity, and increasing healthcare costs.

Depression in the workplace is a leading cause of sick leave, decreasing work productivity and premature retirement.

Stigma and lack of awareness of mental health at the workplace persist as barriers to equality.

What You Can Do

Employers

➤ Be aware of mental health issues.
➤ Modify workplace risk factors for stress.
➤ Facilitate access to healthcare for employees who may need it.
➤ Be understanding and flexible to the needs of employees, understanding their personal situations.
➤ Combat stigma and encourage open discussion on mental health in the workplace.

Employees/Coworkers

➤ Help recognize the signs of depression in colleagues including: extreme sadness, hopelessness, loss of interest in activities and appetite or sleep changes.
➤ Seek help when you need it, and encourage others who may be struggling to seek help.
➤ Talk to your employer about your needs.
➤ Practice resilience and self-care.

Remember:
We are all responsible for fostering a culture of dignity, respect and inclusion in the workplace.

Pan American Health Organization
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