



Self Improvement Tips: Dealing With Depression in the Workplace

Depression can be a debilitating disease and can strike at any point in a man or woman's life. Despite what others may think, depression is a very serious, but treatable condition. Depression can be a lifelong illness and nine times out of ten can affect you at a job, or at least you may know someone who is dealing with depression in the workplace. Here are some tips you may find useful and some things you should know about coping with depression in the workplace.

1. Get help soon. Do not wait until you feel so down in the dumps that you no longer want to go to work or do not show up at all to work. This will affect your work attendance record and you may be fired from your job if you let depression bring you down this far.
2. Know there is help out there. An individual should never feel so alone in life or feel that there is no help available to them. There is help for depression (and anxiety sufferers) in the form of counseling, therapy, and medications.
3. Ask your employer about Employee Assistance Programs or EAP's. These programs can assist an individual with finding a therapist or psychiatrist near you and also let you know about insurance costs for doctor visits and medications.
4. If you do not have health insurance with your employer check with local clinics to see if they offer free or low cost services. You may qualify for these options.
5. Tell others what you are going through. Tell bosses you are close to, but be careful not to tell those in your office you do not know well. Your condition is not their business. At best, telling others you are going through a difficult time is enough.
6. If you are having side-effects from medications which are unpleasant and it interferes with your work, tell your boss honestly. Some medications can cause side-effects and letting your boss know about these issues is important.
7. Medical leave of absence. Take a medical leave of absence if you think you will not be able to perform the duties of your job because of depression.
8. Often times it can be the job which is causing your depression and anxiety. Changing jobs or **career fields** can often be the best option in some cases.



9. Give yourself time to heal. Getting the right treatment and the right kind of help will ensure you will heal and get well. Put yourself first in this case.

10. If you are working with someone who is suffering from depression be sure to support them and let them know you care about their welfare and wellness. Overcoming depression can be a difficult task, but there is help out there. Do not be embarrassed about your depression and let others close to you know how you feel. You do not have to go through hard times and depression alone.

Depression in the workplace is not new, but there are treatments and new ways of dealing with this curable condition.