



Depression @ Work

What it feels like

- Loss of interest in work and social activities
- Energy loss or increased fatigue
- Lack of focus, slowed thoughts, and difficulty thinking
- Sadness, despair, and feelings of worthlessness
- Difficulty making decisions
- Thoughts of self harm
- Trouble sleeping, weight or appetite changes

How it can look

- Indifference, lack of engagement
- Low motivation, detached
- Missed deadlines, sloppy work, slow productivity, absentminded
- Emotional withdrawal, isolation, lack of confidence
- Procrastination, indecisiveness, inconsistent behavior
- Relationship issues, inappropriate reactions
- Late to work, frequent fatigue, large change in appearance



RIGHT →
DIRECTION

**Addressing
Depression
in the
Workplace**



5 steps to connect with care

1. If you or a co-worker are in immediate crisis, reach out to a crisis hotline at 800-273-8255 or text 741741. Trained professionals are available to provide confidential support.
2. Check your organization's employee benefit plan to see the options to connect with mental health support and services, including whether a referral is required to seek care.
3. Find out whether your organization offers an Employee Assistance Program (EAP), and how to connect with free or low-cost confidential behavioral health services through the EAP.
4. Reach out to your health plan by calling the toll-free number on your insurance card to find out about behavioral health benefits and how to schedule an appointment.
5. Talk to your primary care physician, who may wish to schedule an appointment before making or assisting with a referral to a mental health professional.

For more information on depression, visit RightDirectionForMe.com

