

DEPRESSION AND SUICIDE IN THE WORKPLACE

Understanding that depression is more than having a sad day, but having depressive symptoms that last longer than two weeks will help you create an educated response to anyone that is displaying prolonged symptoms. One in every five Americans struggle with mental health issues, and depression is one of the most common problem they face. While an individual is experiencing a major depressive episode, they are at a higher risk of having suicidal thoughts.

Recognizing Depression Symptoms

- Persistent feelings of sadness
- Loss of pleasure in hobbies and activities
- Unusual sleep patterns
- Difficulty concentrating
- Change in appetite or weight
- Pain without a clear physical cause
- Thoughts of death or suicide, or suicide attempt

Depression vs Stress

Stress often becomes an issue if it is contributing to feelings of burnout or if it wears you down. While experiencing stress, you may feel more irritable, difficulty concentrating and you may struggle to remember tasks. When it comes to depression, it is long-lasting and will require help from a mental health professional, since in the long run, it is not something you can self-treat effectively.

While an employee is experiencing depression, isolation may be common.

Encourage interaction in the workplace and allow space to check in on your team and employees that are showing avoidant behavior.

Conclusion

Take care of both your physical and mental health. Getting enough sleep, managing your stress and staying hydrated will be beneficial to your symptoms. Suffering with mental health issues is nothing to be ashamed of. Leadership significantly impacts the overall wellbeing of their employees. Being equipped to create a safe space and healthy response to an employee struggling with mental health issues, will allow leadership to foster both personal and professional growth.

