

DEPRESSION AND ANXIETY

HOW CAN YOU HELP A FRIEND OR CO-WORKER?

On average, one in eight men will have depression and one in five men will experience anxiety at some stage of their lives.

It's important to remember that depression and anxiety are medical conditions, not weaknesses, and effective treatments are available.

Anxiety and depression affect people in different ways. In the workplace, the following changes in behaviour may be a sign that someone is experiencing a mental health condition:

- finding it difficult to concentrate on tasks
- turning up to work late
- feeling tired and fatigued
- getting angry easily or frustrated with tasks or people
- avoiding being around colleagues
- finding it difficult to meet reasonable deadlines or manage multiple tasks.

If you've noticed a workmate is not quite acting their usual self, or seems out of sorts, it can be difficult to know what to say. You might not feel it's your place to say anything at all. But if you are concerned about someone, it's best not to ignore the situation.

REACHING OUT AND BEING SUPPORTIVE IS A GOOD WAY OF LOOKING OUT FOR YOUR COLLEAGUES. IT'S NOT YOUR ROLE TO DIAGNOSE OR PROVIDE COUNSELLING.

FOR MORE INFORMATION AND RESOURCES, INCLUDING VIDEOS ON HAVING A CONVERSATION WITH SOMEONE YOU'RE CONCERNED ABOUT, VISIT WWW.HEADSUP.ORG.AU

Do

- spend time talking about their experiences
- indicate that you've noticed a change in their behaviour
- suggest they consider seeing their doctor
- offer to assist them to make an appointment
- ask how their appointment went
- talk openly about depression and anxiety and assist them to find information
- refer to resources at work, such as an Employee Assistance Program
- encourage them to exercise, eat well and become involved in social activities.

Don't

- pressure them to 'snap out of it', 'get their act together' or 'cheer up'
- stay away or avoid them
- tell them they just need to stay busy or get out more
- assume the problem will go away.



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