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*Mental Health Speaker, Author, Advocate*

## Starting the Dialogue: Depression in the Workplace

**\*You Can Help Fight Mental Health Stigma:** Stigma refers to any attribute, trait, or disorder that causes a person to be labeled as unacceptably different. We can all help to fight stigma and make it easier for people with mental health issues to get needed help.

1. Learn more about mental illness.
2. Listen to people who have experienced mental illness.
3. Watch your language.
4. Talk openly about mental illness.
5. Support mental health treatment.
6. Speak up about stigma.
7. Respond to stigmatizing material.
8. Demand change from policy-setters.
9. Provide support for organizations that fight stigma.
10. Contribute to research related to mental illness and stigma.

*\*From the Disability Management Employer Coalition (DMEC)*

**President's New Freedom Commission on Mental Health:** Reports on gaps and recommendations for improvements for U.S. mental health system. [www.mentalhealthcommission.gov/reports/reports.htm](http://www.mentalhealthcommission.gov/reports/reports.htm)

**World Health Organizations:** Future projections regarding mental illness.  
[www.who.int/healthinfo/bodproject/en](http://www.who.int/healthinfo/bodproject/en)

**Mental Health America:** Information on mental health, getting help and taking action.  
[www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)

**National Empowerment Center:** Empowerment, hope and healing and advocacy. [www.power2u.org](http://www.power2u.org)

**National Alliance on Mental Illness:** Support, awareness, advocacy and research. [www.nami.org](http://www.nami.org)

**Anxiety Disorders Association of America:** Early diagnosis, treatment and cure. [www.adaa.org](http://www.adaa.org)

**Anxiety Disorders Resource Center:** Questionnaires on panic attack, generalized anxiety, social anxiety, depression, obsessive-compulsive disorder, and post-traumatic stress disorder.  
[www.anxietypanicattack.com](http://www.anxietypanicattack.com)

**Benson-Henry Institute for Mind Body Medicine:** Online store for relaxation techniques.  
[www.mbmi.org](http://www.mbmi.org)

**U.S. Department of Health & Human Services – Substance Abuse & Mental Health Services Administration.** Resources, information, publications including a special workbook for human resources personnel. [www.samhsa.gov](http://www.samhsa.gov)

<b>HUMAN RESOURCES: WORKPLACE SUPPORT, EDUCATION &amp; TRAINING</b>
<ul style="list-style-type: none"><li>• <b>Partnership for Workplace Mental Health:</b> A program of the American Psychiatric Foundation <a href="http://www.workplacementalhealth.org">www.workplacementalhealth.org</a></li><li>• <b>Right Direction Depression Initiative:</b> Materials for worksite education to increase employee help-seeking behaviors. <a href="http://www.rightdirectionforme.com">www.rightdirectionforme.com</a></li><li>• <b>Wellness Works:</b> Workplace mental health training to reduce stigma and promote mental wellness. <a href="http://www.mhwellnessworks.org">www.mhwellnessworks.org</a></li><li>• <b>Dupont’s ICU program:</b> A simple, but impactful video presentation. <a href="http://www.jplearning.com/work/dupont/">www.jplearning.com/work/dupont/</a></li><li>• <b>Depression Center University of Michigan Health System</b> <a href="http://www.depressioncenter.org/work/">http://www.depressioncenter.org/work/</a></li></ul>
<b>VALUABLE BOOKS ON DEPRESSION by author Carol Kivler, MS, CSP</b>
<p><b>Will I Ever Be the Same Again? Transforming the Face of ECT - Carol’s personal and professional journey through depression and recovery.</b></p> <p><b>The ABC’s of Recovery from Mental Illness - Carol’s handy-pocket guide of 26 recovery strategies to maintain recovery for longer periods.</b></p> <p><b>Mental Health Recovery Boosters - Carol created 68 essays of accountability to move readers from mental illness to mental wellness.</b></p>
<b>ADDITIONAL BOOKS ON DEPRESSION</b>
<p><b>You Need Help! A Step-by-Step Plan to Convince a Loved One to Get Counseling - Mark S. Komrad, MD assists in determining when professional help is needed and how to support your colleague or loved one.</b></p> <p><b>I Am Not Sick: I Don’t Need Help! - Xavier Amador offers a sensitive, practical, and clinically sound, approach to getting a severely ill person to accept needed treatment.</b></p> <p><b>I Don’t Want to Talk About it: Overcoming the Secret Legacy of Male Depression - Terrance Real offers crucial insights to men suffering from depression and guidance to those who love them.</b></p>
<b>VALUABLE ONLINE ARTICLES (regarding depression in the workplace)</b>
<p><b>Deciding Whether to Disclose Mental Disorders to the Boss (NY Times 11/15/14)</b> <a href="http://www.nytimes.com/2014/11/15/your-money/disclosing-mental-disorders-at-work.html?_r=0">http://www.nytimes.com/2014/11/15/your-money/disclosing-mental-disorders-at-work.html?_r=0</a></p>
<p><b>Director’s Blog: The Global Cost of Mental Illness (NIMH 9/28/2011)</b> <a href="http://www.nimh.nih.gov/about/director/2011/the-global-cost-of-mental-illness.shtml">http://www.nimh.nih.gov/about/director/2011/the-global-cost-of-mental-illness.shtml</a></p>
<p><b>Unhealthy, Stressed Employees Are Hurting Your Business (Gallup 5/22/2014)</b> <a href="http://www.gallup.com/businessjournal/154643/unhealthy-stressed-employees-hurting-business.aspx">http://www.gallup.com/businessjournal/154643/unhealthy-stressed-employees-hurting-business.aspx</a></p>

<p>Poor Wellbeing Is Killing Your Business (Gallup 6/19/2012) <a href="http://www.gallup.com/businessjournal/154982/poor-wellbeing-killing-business.aspx">http://www.gallup.com/businessjournal/154982/poor-wellbeing-killing-business.aspx</a></p>
<p><b>WEBSITES (specific to depression)</b></p>
<p>National Institute of Mental Health: Up-to-date data on depression. <a href="http://www.nimh.nih.gov">www.nimh.nih.gov</a>          American Association of Suicidology: Education / training for professionals. <a href="http://www.suicidology.org">www.suicidology.org</a>          American Foundation for Suicide Prevention: Support for survivors. <a href="http://www.afsp.org">www.afsp.org</a>          Depression Screening: Confidential screening and guidance. <a href="http://www.depression-screening.org">www.depression-screening.org</a></p>
<p><b>HELPLINES (specific to depression)</b></p>
<p>American Psychiatric Association: Live support available 8:30 a.m. to 6 p.m. EST. 888-35-PSYCH          American Psychological Association Public Education Line: Board-certified psychologists. 800-964-2000          National Suicide Prevention Lifeline: 24-hour hotline transfers calls to trained counselors. 800-273-TALK          The Trevor Project: 24-hour confidential suicide prevention for gay individuals. 866-4-U-TREVOR</p>
<p><b>SUPPORT GROUPS (specific to depression)</b></p>
<p>American Self-Help Group Clearinghouse: Database of 1000+ groups - <a href="http://www.mentalhelp.net/selfhelp/">www.mentalhelp.net/selfhelp/</a>          Depression and Bipolar Support Alliance: Local peer-led support groups - <a href="http://www.dbsalliance.org">www.dbsalliance.org</a>          National Alliance on Mental Illness: Support/training/advocacy to individuals and families. <a href="http://www.nami.org">www.nami.org</a>          Recovery, Inc.: "Find a Meeting" search for telephone / internet-based meetings. <a href="http://www.recovery-inc.com">www.recovery-inc.com</a></p>

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**Raising Awareness – Instilling Hope – Combating Stigma**  
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Like Courageous Recovery, Inc. on Facebook:  
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