Let’s talk about the ELEPHANT IN THE ROOM
Mental Illness in the Workplace
What can YOU do?

As an employer
• Educate managers and staff
  Build awareness, knowledge, acceptance and eliminate stigma
• Provide supports
  Offer workplace programs, supports, EAP or other referral resources
• Develop leader skills
  Management training, resources and support
• Reduce risks
  Search for risks and take corrective measures
• Find a champion
  Encourage senior executives to promote mental health

As a co-worker
• Educate yourself
• Treat people with respect
• Confront stigma
• Support your co-workers

As a person with mental illness
• Get treatment
• Don’t allow self-doubt and shame
• Inform others
• Be a Champion

Please provide your support to the Elephant in the Room Anti-Stigma Campaign®
www.mooddisorderscanada.ca | www.troubleshumeur.ca
The Elephant in the Room Anti-Stigma Campaign® is an initiative of Mood Disorders Society of Canada