

# 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<sup>©</sup>

[www.mooddisorderscanada.ca](http://www.mooddisorderscanada.ca) | [www.troubleslumeur.ca](http://www.troubleslumeur.ca)



**Mood Disorders Society of Canada**  
Société pour les troubles de l'humeur du Canada

The Elephant in the Room Anti-Stigma Campaign<sup>©</sup> is an initiative  
of Mood Disorders Society of Canada

**ELEPHANT**  
IN THE **ROOM**  
**ANTI-STIGMA**  
**CAMPAIGN**

