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

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

The Elephant in the Room Anti-Stigma Campaign® is an initiative of Mood Disorders Society of Canada