

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.troublesumeur.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

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