

PRESS RELEASE

Starting the Dialogue: Depression in the Workplace

Depression. The secret that most people guard with their life – especially in the workplace! Fear of being labeled, judged, isolated, and marginalized prevents an employee from feeling safe to discuss it. And keeping it inside may magnify the symptoms.

Whether an employee is directly or indirectly affected by depression, American businesses can no longer dodge this increasing and persuasive issue. It's time to embrace depression and open up dialogue that in the workplace. Doing so not only improves or even saves lives, it prevents lost revenue. Decreased productivity, increased errors, absenteeism, and disability all contribute to staggering financial losses to corporate America.

Carol Kivler, with an MS in Human Resources, brings a unique perspective to this subject. As an international corporate trainer and executive coach, she is also a consumer who has lived with clinical depression for over 20 years. Carol sets businesses straight with the facts they may not know:

- Approximately 1 in 4 Americans, 18 and over, suffer from a diagnosable mental illness.
- Psychiatric disease is the number 1 cause of adult disability worldwide.
- Businesses lose major revenue by evading the inevitable and necessary discussions about depression and elected programs that support their staff.

As one who understands both sides of the equation, Carol provides organizations with strategies that:

- Create an atmosphere that respects and responds to depression and invites safe conversations about a sensitive subject.
- Provide leaders with the direction to dispel myths and break the stigma that surrounds depression.
- Support employees affected (directly or indirectly) by offering resources, embracing treatment options and helping them return to and maintain professional fulfillment.
- Encourage a healthy work-life balance.

Start the dialogue now – you and your employees will reap the benefits of courageous discussions.

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