

## Matte article

### ***Ipsos Reid finds more than one in five Canadian workers report depression Majority agree more training for managers is needed***

Word count: 347

(WPG) – Depression can cause changes in employee behaviour, but often managers and supervisors may not recognize the symptoms. This can translate into a lack of support for the more than one in five (22 per cent) of Canadian employees who report experiencing depression in a recent [Ipsos Reid survey](#) on *Depression at Work*. Commissioned by the Great-West Life Centre for Mental Health in the Workplace, all survey results are available on the Centre’s website at [www.workplacestrategiesformentalhealth.com](http://www.workplacestrategiesformentalhealth.com).

Donna Hardaker, an employee of the Canadian Mental Health Association, knows first-hand the challenge of dealing with depression in the workplace. In 2001, she underwent rehabilitation for whiplash due to an automobile accident. For several months, she suffered from ongoing muscular pain and mental confusion, and could not function at work. “It took a real effort to work,” she says. “It seemed I was always angry, irritable and impatient.”

Before long, her productivity levels dropped and work relationships began to suffer. Hardaker knew the symptoms of depression but initially struggled against seeking a diagnosis. “Once I got the help I needed, I began to recover both my well-being and productivity,” she said. Unfortunately, her work relationships remained strained and she eventually left a job she had once loved. She hopes that workplaces will eventually have earlier intervention for employees who are demonstrating symptoms of depression so that “...nobody would ever again have to go through what my co-workers and I went through.”

The survey results reinforce Hardaker’s observation; of those managers who had reported intervening in the past with an employee who was showing signs of depression, 63 per cent said that better training could have made the experience better or easier.

In a desire to help others facing similar challenges, Hardaker and nine others share their strategies for coping in [Working Through It](#), a free video-based online program featuring the stories of real people who have struggled with mental health issues at work. Developed by the Canadian Mental Health Association and the Moods Disorder Association of Ontario, the program is made available through the Centre’s [website](#) alongside the survey results.

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**Click on images below to download high resolution versions:**

[Infographic:](#)  
*Depression in the Workplace*

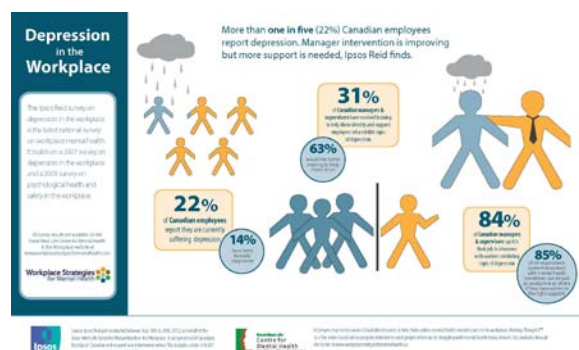


Photo:  
[Donna Hardaker](#)



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