



# Antidepressant Skills at Work:

## Dealing with Mood Problems in the Workplace



## Antidepressant Skills at Work

### Is Intended for...

- Working people with low mood, who may be at risk for developing depression.
- Working people who have developed a mild or major depression.
- Individuals who have been off work for a period of time.
- Partners, family members, friends or workplace colleagues who want to help.
- Employers, supervisors or managers concerned about their staff.
- Treatment providers who would like a tool to use as an adjunct to their clinical treatment.

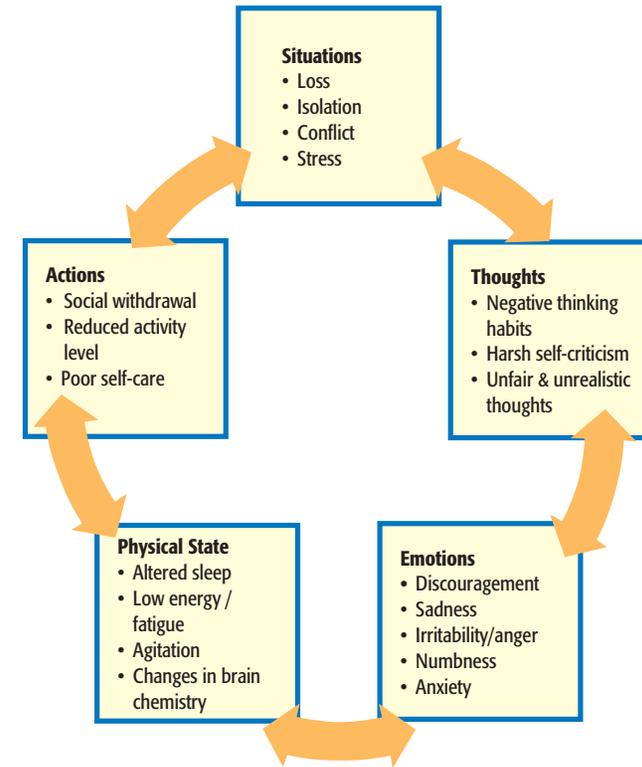
### Focuses on Ways to...

- Deal with workplace problems so they are less likely to cause depressed mood or lead to depression.
- Reduce the effects of depression and depressed mood on work satisfaction and performance.

### Includes...

- A description of depression, possible causes and options for treatment.
- Three practical skills, based on scientific evidence, for dealing with depressed mood. Skills are presented in a step-by-step format.
- Stories that show how working people might use these skills.
- An overview of workplace issues that arise for people dealing with depression and depressed mood.

## Causes of Low Mood and Depression



## The Antidepressant Skills described in the Manual are...

### 1 Solving Problems Effectively

As people get depressed, their ability to solve problems may decline – they are less able to estimate the severity of a problem, come up with different solutions and plan a course of action. This section of the workbook shows how to systematically tackle problems, walking through the steps of effective problem-solving towards a realistic action plan.

### 2 Realistic Thinking

Depressed individuals often have a negatively distorted way of thinking that can trigger or worsen the experience of depression – we call this depressive thinking. This section of the workbook shows how to identify and challenge depressive thinking, then gradually replace it with realistic thinking.

### 3 Reactivating Your Life

During depression, most people don't do the things that normally keep their mood positive. This can keep the depression going and make it worse. This section of the workbook shows how to set specific and achievable activation goals, and how to put them into practice.



## Other topics covered in Antidepressant Skills at Work

### Preventing Relapse

When you feel better, it can be tempting to forget all about taking care of yourself. If you feel “good enough”, you may want to stop working at staying active, thinking realistically, and problem-solving. The manual covers the following skills:

- Using the Skills that Helped
- Planning Ahead for Stress
- Creating a Mood Emergency Action Plan

### Making Decisions about Depression

- Should I tell people at work about my depression?
- Should I take time off work?
- How can I return to work successfully?
- What lifestyle changes might be helpful?
  - ▶ Sleep
  - ▶ Diet
  - ▶ Use of Alcohol & Drugs
  - ▶ Physical Activity

**Antidepressant Skills at Work: Dealing with Mood Problems in the Workplace** (Dan Bilsker, PhD, RPsych, Merv Gilbert, PhD, RPsych, & Joti Samra, PhD, RPsych) is a self-care manual authored by scientist-practitioners with expertise in issues relating to workplace mental health and addiction. The manual was developed by BC Mental Health & Addiction Services (BCMHAS), an agency of the Provincial Health Services Authority (PHSA), British Columbia, Canada in partnership with the Centre for Applied Research in Mental Health and Addiction (CARMHA), Faculty of Health Sciences, Simon Fraser University. It is part of an integrated, comprehensive PHSA Workplace Mental Health and Addiction strategy to improve employee and organizational health, and to support employers in creating healthier workplaces. The PHSA workplace strategy consists of organizational, primary, secondary and tertiary prevention activities. This manual is intended to assist employees experiencing low mood or depression, and is based on evidence-based principles and practices relating to depression and chronic disease management. It is intended to provide accurate information about depression and is not a replacement for treatment where needed.

- **Antidepressant Skills at Work** is available for free download at: <http://www.carmha.ca/publications> or at <http://www.bcmhas.ca/research>
- Employers or organizations wishing to do a print run of the manual are requested to contact CARMHA by email at: [info@carmha.ca](mailto:info@carmha.ca)
- Print copies and audio CDs are available at a low cost from **Rebel Communications (604-214-9695 or 1-866-678-5484 or info@rebelcom.ca)**.



BC Mental Health &  
Addiction Services

An agency of the Provincial Health Services Authority



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