Do you have a coworker who is sad or upset?

Any number of stressful situations such as a personal setback, family argument or a work disappointment can cause someone you work with to seem upset, withdrawn or just not like themselves. If your coworker's sadness or feelings of hopelessness continue, it could be depression, a common condition that affects one in five people. Depression is treatable through a combination of lifestyle changes, medication and counseling.

**Offering a listening ear and understanding can be the first step for someone to get the help they need.**

- **Choose a private place to approach your coworker.** You might just say, “I'm concerned. I noticed you don’t quite seem like yourself. I’m here for you.”

- **Avoid dismissing the person's distress.** It’s not always easy to find the right words. The key is to acknowledge them without judgment. Say something like, “It must be hard for you.”

- **Call a Counselor for suggestions on how to help your colleague.** This may be especially important if your coworker doesn’t seem to be improving on their own.

- **Remind your coworker of available resources.** Your employer offers access to Health Advocate Licensed Professional Counselors who will listen and help them sort through feelings. It's free and confidential and they can reach a counselor by phone, or text, or by scheduling in-person sessions. You could also suggest they talk to a close friend, family member or their doctor.

- **Take care of yourself, too.** Focusing your energy on supporting others can be emotionally exhausting. Make sure you get the support you need from the Counselor or from friends and loved ones.

**If your coworker says things like** “Everyone would be better off without me,” don’t ignore it. Suicidal thoughts are common with depression. Urge the person to call the National Suicide Prevention Lifeline 1.800.273.TALK (8255). **If the person seems in imminent danger and wants to harm themselves or others, call 911 immediately.**

866.799.2728
HealthAdvocate.com/members

In a crisis, help is available 24/7.