



Winnipeg Regional Health Authority
Office régional de la santé de Winnipeg
Caring for Health À l'écoute de notre santé



Employee Assistance Centre

UNDERSTANDING DEPRESSION

Workshop

Facilitated by Mitch Bourbonniere, BSW, MSW

Depression is a common illness. At some point in their life, around 1 in every 5 women and 1 in every 10 men will suffer from depression. Naturally, problems which are common in the general population are also common in people at work. In any one year about 3 in every 10 employees will have feelings of distress or of their life being out of control which, if left untreated, could result in depression. When someone is depressed it is not just distressing for the person involved. It may impact others in the workplace, it may make the person affected less productive and can lead to high rates of sick-leave, accidents and staff turnover. Colleagues at work are often in a good position to notice an employee or co-worker is becoming depressed.

This workshop will focus on:

- Signs and symptoms of depression
- Myths about depression
- How to recognize someone who may be experiencing depression
- How to help someone who may be experiencing depression

*Opened to
all staff*

Participants will have a greater awareness of the signs and impact of depression, and will be better equipped to respond to others in their lives that may be at risk.

**LOCATION: St. Boniface Hospital
431 Tache Avenue
Room NG034 (Education Building)**

DATE: Wednesday, May 20, 2020

TIME: 2:00 to 3:00 pm.

To register contact:

**Employee Assistance Centre
204-786-8880**