

Right Direction – Mental Health Awareness Month

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Mental Health Awareness Month is Coming Soon

*Take the right steps to increase awareness
about depression in the workplace*

Did you know May is Mental Health Awareness Month?

It is the time to bring mental health issues to light in your workplace. You can honor it by sharing 31 ways in 31 days to increase awareness about depression in the workplace.

Here's why:

- Depression is the leading cause of disability for people ages 15-44 in the United States⁽¹⁾
- Even mild cases of depression can impact turnover and performance.⁽²⁾
- Depression is estimated to cause 400 million lost workdays each year.⁽³⁾

So, show your employees that you care about their mental health and well-being by taking the first steps today or continuing your existing efforts.

The Right Direction initiative provides you with free resources for your employees. Simply visit **rightdirectionforme.com/may** and download each item right to your desktop.

Download the **#RDBearAware** graphic and show how you are generating awareness where you work. Post a photo to social and media and tag **@RDBearAtWork**. Make sure you use **#RDBearAware** when you do.

1. World Health Organization. The Global Burden of Disease: 2004 Update. Geneva, Switzerland: WHO Press, World Health Organization; 2008:160. http://www.who.int/healthinfo/global_burden_disease/2004_report_update/en/. Accessed February 2, 2014.
2. Merikangas KR, Ames M, Cui L, et al. The Impact of Comorbidity of Mental and Physical Conditions on Role Disability in the U.S. Adult Household Population. Archives of General Psychiatry. 2007;64(10):1180-1188. PubMed doi:10.1001/archpsyc.64.10.1180.
3. Bonde, J. P. E. (2008). Psychosocial factors at work and risk of depression: a systematic review of the epidemiological evidence. Occupational and environmental medicine, 65(7), 438-445.