



DOs and DON'Ts

to help a colleague deal with depression

swipe -->

Do say

“Do you want to talk about it?”

“I don’t understand what exactly you’re going through or how you feel, but I’m here for you”

“What can I do to help?”

“I’m right here if and when you’re ready to talk”

“You’re important to me”

“How are you doing?”



Don't say



“I know how you feel”



“It’s all a part of life, you’ll get over it”



“You don’t look depressed”



“Start waking up early and exercise”



“It could be worse you know”



“You have to be strong and take care of your family”



“It’s all in your head”



Keep in Mind



Don't be a fixer.

Educate yourself about the symptoms.

Check in from time to time.

Wellbeing on the Web (WoW) offers counselling, yoga and meditation classes, videos and articles to educate your employees and help them take care of their mental health.



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