

## Woman Takes Mental Health Day, the Internet Explodes



Madalyn Parker

to ooto

Yesterday [View details](#)

Hey team,

I'm taking today and tomorrow to focus on my mental health. Hopefully I'll be back next week refreshed and back to 100%

Thanks  
Madalyn

Hey Madalyn,

I just wanted to personally thank you for sending emails like this. Every time you do, I use it as a reminder of the importance of using sick days for mental health – I can't believe this is not standard practice at all organizations. You are an example to us all, and help cut through the stigma so we can all bring our whole selves to work.

**ADULTS WITH A MENTAL DISORDER**

Type of Mental Illness	% Adults
Anxiety disorder	18.1 .
Major depressive disorder	6.8 .
Substance use disorder	8.1
Bipolar disorder	2.8 .
Eating disorders	5-10 .
Schizophrenia	0.3 – 0.7 .
<b>Any mental disorder</b>	<b>18.5 .</b>

*Only 41% of people with a mental illness use mental health services in any given year*

## Behavioral Health in the Workplace: Depression

- 10% of employees have taken time off work for depression.
- Depression is estimated to cause 400 million lost workdays each year.
- Absence, disability, and lost productivity related to depression cost employers more than 4 times the cost of employee medical treatment.
- Up to 80% of those treated show an improvement in their symptoms, usually within 4 to 6 weeks (treatment may include therapy, medication, and/or groups).

(World Federation for Mental Health)

## What does depression look like in the workplace?

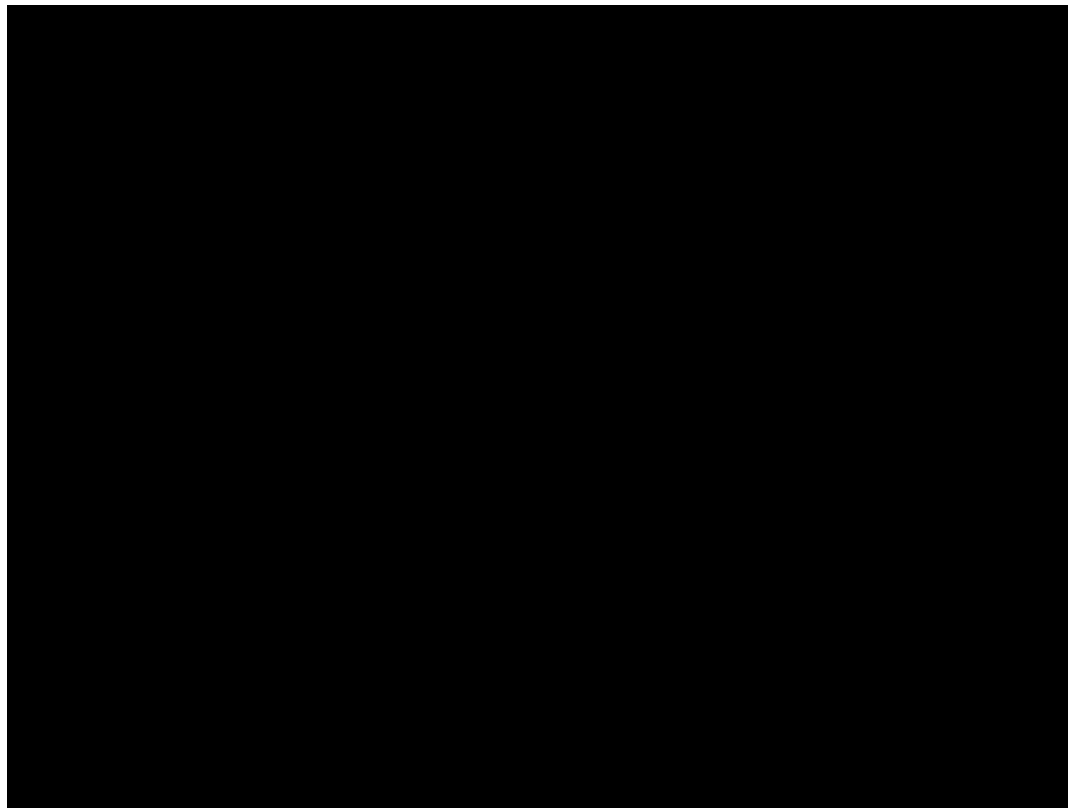
What it feels like	How it might look to co-workers
Deep feelings of sadness	Withdrawal from team, isolation
Loss of interest in work	Indifference
Difficulty concentrating	Putting things off, missed deadlines, accidents
Forgetfulness	Seems scattered or absentminded
Trouble making decisions	Procrastination, indecisiveness
Trouble sleeping; sleeping too much	Tardiness, afternoon fatigue, accidents
Feelings of worthlessness, guilt	Low motivation, detachment
Irritability, anger, tearfulness	Inappropriate reactions, strained relationships
Weight or appetite changes	Change in appearance

## What is a behavioral-health-friendly workplace?

- Welcomes all qualified job applicants; values diversity.
- Includes healthcare that treats mental illnesses as it does physical illnesses.
- Has programs and practices that promote and support work-life balance and employee health.
- Develops and maintains an accepting, anti-stigmatizing, anti-discrimination climate.
- Provides training for managers and employees about mental health and substance use issues.



Changing our perspective. . .



*Where hope begins.*

## Mental Health First Aid Training

**First Aid offered to a person developing or experiencing a mental health problem or crisis.**

- Learn to recognize the risk factors and warning signs of mental health problems, substance use disorders, and suicidal ideation.
- We offer 8-hour trainings to the public, focusing on either Adults or Youths (for adults working with youth and young adults). Other modules include Higher Education, Older Adults, Public Safety, and Veterans.
- Private classes available for organizations and teams.
- Visit <http://www.northrange.org/mental-health-first-aid/> to search and register for North Range courses, or call us at 970.347.2395 to inquire about public or private classes.

*Where hope begins...*

*for recovery and healing*

*for strong, healthy children and families*

*for a substance-free life and*

*Where change is possible.*



**COLORADO**  
CRISIS SERVICES

North Range Behavioral  
Health is a provider of  
Colorado Crisis Services

**24/7/365 Crisis Services**

Call 844.493.TALK (8255)

Text TALK to 38255

Walk into 928 12th Street in Greeley

**Let us help.**

Call 970.347.2120 | Northern Weld County

Call 303.857.2723 | Southern Weld County