

Depression in the Workplace:

Depression affects 19 million Americans and is the leading cause of disability worldwide, yet very little is available to illuminate this secret that we share from a workplace perspective. Based on Brad Anderson's new book, *The View From Under My Desk: A Self-Help Memoir of Depression*, this presentation offers hope to individuals who confront the pain of depression, and those who manage them. Topics addressed include:

- The stigma of depression
- How serious a problem is it?
- Stories of workplace depression
- Strategies and skills for combating depression in the workplace

Join us –

When: March 2, 2016, 1:00 - 5:00 P.M.

Where: Peace Officer Standards and Training (POST)

410 W 9800 S

Sandy, UT 84070

Public Safety Education and Training Building, room 207

For more information, contact Sarah Larsen at sarahlarsen@utah.gov or (801) 256-2323

“ You'll not only come to understand the work world of those who suffer with depression, but you'll feel more confident in your capacity to relate to, support, and lead in a more practical, ethical and personal way.” –Joseph Grenny, *New York Times* best-selling author of *Crucial Conversations*

“ Brad's willingness to be vulnerable is a gift to all of us...” –Teresa Roche, former vice president and chief learning officer, Agilent Technologies

