

# Survey Says 22% of Canadian Workers Are Depressed



Depression among your workforce may be more common than you think. Although [some depression may be seasonal](#), workers may be depressed at any time of the year.

According to a [recent survey](#) by Ipsos Reid, 22% of Canadian workers report that they're currently suffering depression (with 14% have been diagnosed with depression). An additional 16% reported having experienced depression previously.

The good news is that management seems to be aware of the need to address depression and other mental health issues in the workplace. For example, 84% of managers and supervisors said they believe it's part of their job to intervene when a worker's showing signs of depression.

But managers may not know what to do with a depressed worker. Although 31% of managers and supervisor have gotten training for dealing with workers showing signs of depression, nearly two thirds of those surveyed would like better training to address this type of situation. And they're asking for more support and flexibility from senior management and HR. (This [infographic](#) visually depicts the survey results.)

Employers can get a handle on dealing with workplace mental health issues, such as depression, by implementing CSA Z1003, the [new standard on psychological health and safety in the workplace](#), the final version of which is expected to be released any day now.

The OHS Insider's [Psychological Safety Compliance Centre](#) has additional resources for employers, including:

- [10 tips for improving workers' mental health](#)
- A [stress prevention at work checklist](#)
- A [psychological health and safety survey](#)
- [Model Psychological Harassment Policy](#)
- An [infographic](#) on psychological safety and much more.

In addition, at [Safety Smart](#), you can get a [safety talk](#) on depression. Not a Safety Smart member? Sign up for a [free 14-day trial](#).