

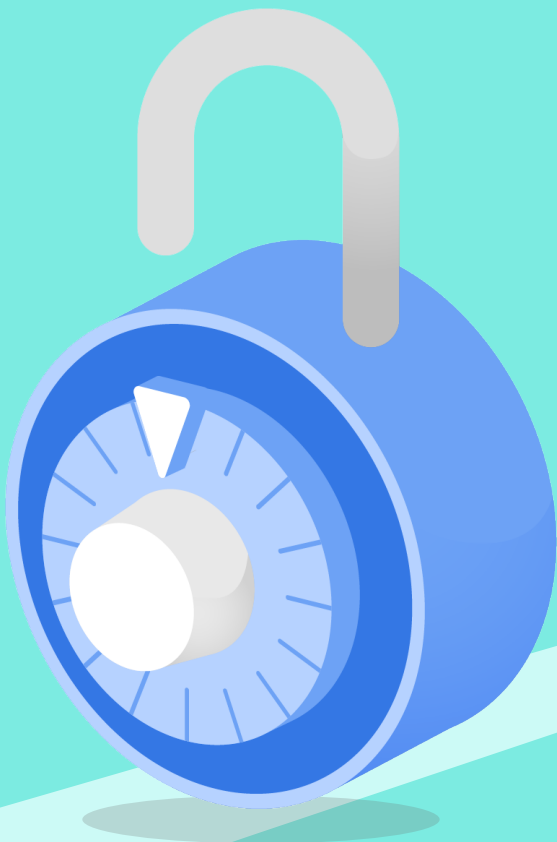
Disclosing mental illness at your workplace

At work, the decision to talk about mental illness can be very difficult. Uncertainty about how management will take the news and fear of office gossip can make your decision difficult.



Privacy

Your decision to share information is just that—your own. You have a right to be selective about who you tell and how much you divulge. Privacy, comfort level, anticipated support and safety will factor in your decision.



Changing Needs

If you'll be taking medication, need extra breaks or flexible hours, it may be a good idea to disclose your mental illness to your boss or immediate team. Support from trusted co-workers may actually take the pressure off.

Have a Plan

Work can often present challenging and changing situations, which can exacerbate mental health conditions. Reach out to your boss or human resources department to develop a plan if the work environment sometimes becomes too much to handle. The plan could involve being allowed to take an extra break, or reassigning some duties to other members of your team.



Utilize your Employee Assistance Program

Talking with a professional can help you come up with a plan on how and with who to share your diagnosis.