



*Poor management
approach leads to
depression.*

Signs of depression in the workplace

THE symptoms of depression usually develop over time. Typically, the employee experiences anxiety and mild depressive periods that range from weeks to several months.

The time when an employee is most likely to suffer from depression is when they are between 24 and 44.

Depression in the workplace shows itself through changes in performance and behaviour, including:

1. Decreased or inconsistent productivity.
2. Absenteeism, lateness and frequent

absence from work area.

3. Increased errors and lower quality of work.
4. Procrastination
5. Withdrawal from co-workers.
6. Overly sensitive or emotional reactions.
7. Decreased interest in work.
8. Slowed thoughts.
9. Difficulty learning or remembering.
10. Slowed movement and actions.
11. Frequent comments about being tired.