MOOD DISORDERS

WHAT IS A MOOD DISORDER?
Mood disorders affect how someone feels and thinks about themselves and life in general. Mood disorders also affect how someone responds to life stressors.

COMMON TYPES OF MOOD DISORDERS

- Depression: Feeling sad, numb, or hopeless most days, for a period longer than 2 weeks
- Bipolar Disorder: Periods of depression and periods of mania (i.e. very energetic, happy, and/or angry)

This is not an exhaustive list of mood disorders.

COMMON SIGNS AND SYMPTOMS

Extreme changes or uncharacteristic changes of the following:
- Eating habits
- Fatigue levels
- Mood
- Extreme changes in thoughts
- Extreme changes in behaviour
- Thoughts of suicide

HOW SYMPTOMS AFFECT SOMEONE AT WORK

<table>
<thead>
<tr>
<th>Physical</th>
<th>Cognitive</th>
<th>Emotional</th>
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<tbody>
<tr>
<td>Extreme changes in energy levels at work</td>
<td>Difficulty communicating with coworkers</td>
<td>Little interest in a job you previously enjoyed</td>
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<td>Reduced activity tolerance</td>
<td>Difficulty with work tasks that include:</td>
<td>May impact mood which can affect relationships at work</td>
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<td>May require more frequent breaks due to pain and weakness</td>
<td>• Memory</td>
<td>May lead to feelings of hopelessness, frustration, and sadness</td>
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MOOD DISORDERS MANAGEMENT

- Contact your health care provider for assessment and management of your symptoms
- If your symptoms are affecting you at work, please reach out to the Employee Well-being Consultant for your department for support
- Should you or someone you know have thoughts of suicide, help is available:
  - Reach Out 24/7: 1-866-933-2023
  - Talk Suicide Canada: 1-833-456-4566