



Working in the Dark: Keeping Your Job While Dealing with Depression

Fawn Fitter, Beth Gulas

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Problems concentrating. Loss of energy. Feelings of worthlessness. Difficulty making decisions. Each year, an estimated 11 million Americans experience a major depressive episode. Keeping a job while struggling to regain one's health is one of the most difficult and delicate aspects of recovery from depression. Authors Fawn Fitter and Beth Gulas provide a reassuring, informative guide to dealing with depression on the job. They address questions such as: Should I ask my boss for time off? Should I tell my colleagues about my depression? Are my treatment records confidential? With self-assessment tools and decision-making guidance, this book is a first-of-its-kind resource for millions of Americans faced with the hardship of working through depression. Key features and benefits: 1. Identifies and addresses key concerns related to depression in the workplace 2. Provides immediately useful information and advice for readers 3. Inspired by one of the author's personal experiences with major depression

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