Mental Health Concern

Steve woke up feeling very down. He does not have an appetite to eat breakfast nor he doesn't want to go to work. He feels there's no sense in going to work or even doing anything else. He just wants to sleep the whole day. He has been feeling this for the past 3 days. Steve tried to report for work and do the tasks assigned to him, but he seems to get things wrong. The quality of his work is not the same as it used to be.

* 1. What do you think is happening here?
* I think Steve is depressed.
* 2. If you were Steve's supervisor and you noticed the change in Steve's output after 3 days, what would you do?

- I would call Steve about this matter, tell him that his performance is dropping down and ask him what seems to be the problem, if my theory is correct that Steve is depressed, I should let him to rest for a while, give him vacation or anything that might help his current situation.

* 3. If you were Steve, how are you going to communicate this to your supervisor and teammates?
* As of this moment I don’t think Steve can properly converse with his boss if he is depressed, I think if one of his coworkers live near to him, he should probably visit Steve and report that to his boss.