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?

Steve's sadness, lack of interest in activities, changes in appetite, and decreased work performance suggest that he may be experiencing symptoms of depression.

2. If you were Steve's supervisor and you noticed the change in Steve's output after 3 days, what would you do?

my approach would involve a combination of empathy, support, and professional guidance. Arrange a private and non-judgmental meeting with Steve to discuss his recent changes in behavior and performance. Begin the conversation by expressing genuine concern for Steve's well-being. Encourage Steve to share his thoughts and feelings. Let Steve know that you are there to support him. If the conversation reveals that Steve is struggling with personal or mental health issues, encourage him to contact the Human Resources department. Schedule follow-up meetings to check in on Steve's well-being and see how he is progressing.

3. If you were Steve, how are you going to communicate this to your supervisor and teammates?

I hope this email finds you well. I am writing to request a meeting to discuss a personal matter that has been affecting my well-being and, consequently, my work performance.

Over the past few days, I have been facing some challenges related to my mental health, which have impacted my ability to perform at my usual standard. I am in the process of seeking professional help to address these challenges and improve my overall well-being. I am open to discussing any adjustments that may be needed during this time, and I am committed to maintaining a high standard of work despite these challenges.

Could we schedule a meeting at your earliest convenience to discuss this further? I believe an open dialogue will help us navigate this situation collaboratively.

Thank you for your time and understanding. I look forward to our discussion.