

BOOK REVIEW

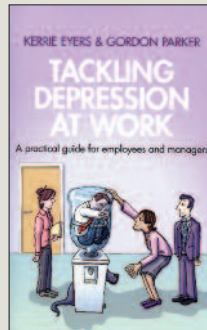
TACKLING DEPRESSION AT WORK: A PRACTICAL GUIDE FOR EMPLOYEES AND MANAGERS

By Kerrie Eyers
and Gordon
Parker, Black
Dog Institute,
Sydney.

Published by
Allen & Unwin,
Sydney, 2010.

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Tackling Depression at Work, written by Ms Kerrie Eyers and Professor Gordon Parker from the Black Dog Institute, is an eminently practical guide. It should be on the reading list of every MBA course because of its high level of relevance to corporate staff management.

The authors have collected together the accounts of numerous patients suffering from depression and bipolar disorder, in which they distil the wisdom of their survival in the workplace.

The book provides an insight into the inner workings of minds in distress as a result of psychological traits over which they have limited control, providing very sound and practical advice on how to provide the best environment to enable sufferers to flourish and maintain jobs despite the torments of their mental illness.

I recommend this book not only to sufferers, but also to employers, who struggle to understand psychiatric illness in their staff and thus help them through difficult events in their lives.

The authors are to be commended for producing this book, which is jargon-free and very accessible to the general reader. It should assist the integration of patients with depression and bipolar disorder into the wider community through greater acceptance and understanding.

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