Mental health disclosure in the workplace - how to influence a good outcome?

Mental health issues are common and people who experience them do not have to feel ashamed. However, whether it is wise to disclose them in the work environment is a dilemma for many. Disclosure can yield positive effects (e.g. support and work adjustments) but also negative effects (stigma and discrimination). Whether or not to disclose is a highly individual decision. The six tips below may help in making decisions that are important if you want to find or maintain employment.

The disclosure tips result from a study by researchers from Tilburg University, in The Netherlands, together with 'Samen sterk zonder Stigma' and Maastricht University. For more info: click on logos ▸

The paper was entitled *To disclose or not to disclose mental health issues in the work environment* and was published in the Journal of Occupational Rehabilitation (authors: Brouwers E.P.M., Joosen M.C.W., Van Zelst C. & Van Weeghel J., 2019).

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