

Discussing Your Illness with Others

When it comes to sharing information, there are no right or wrong approaches. This tool is intended to help you think about when, how, and with whom you might wish to discuss mental health.

Use the space below to list the benefits and costs (“pros” and “cons”) of sharing. Make a separate list for each person you are thinking about. Remember that no issue is too small to put on your list- if it’s important to you, it belongs on the list.

Once you’ve completed your list, you may find it helpful to rank your statements in order of importance by placing a number (#1 being most important) next to each.

I am considering sharing details about my depression with my boss. If I choose to share, I may face the following positive benefits and/or negative consequences:

RANK	POSSIBLE BENEFIT OF SHARING (+)	RANK	POSSIBLE COST OF SHARING (-)
5	I don't like keeping secrets	3	She may lose confidence in me
1	I may need to leave work early for appts.	6	She may tell her boss
2	I'm going to need cut out overtime	4	I'll feel like she's always watching me

Based on the analysis above, I have decided:

- To share
- Not to share
- To delay my decision for now, and revisit at a later date

For More Information

University of Michigan Depression Center
 1-800-475-MICH or 734-936-4400

www.campusmindworks.org/

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