## What would you do?
### *A personal story shared by a colleague*

A member of staff found themselves in a position where there were insufficient resources (due to reduced staff levels) against a rising increase in demands on the team.  As a conscientious person, they found themselves working later and later in an attempt to get on top of the work yet the demands continued to increase.

This got to the point where they did little else but work during waking hours with increasingly less and less social interaction eventually resulting in isolation from the outside world.  In their sleep the staff member was shouting out things about workload and not being able to provide what was needed.  Working from home, the staff member often went for days without contact from their manager or other members of the team and began to feel as if they were being excluded from some meetings.

During a virtual team meeting the staff member made it clear that they were not happy.  The manager acknowledged this and asked them to stay on the call at the end.  Unfortunately another member of the team also wanted to speak to the manager at the end of the call about a query so the conversation with the other staff member who was struggling did not take place.  A meeting was instead scheduled for the following week (but was then postponed again.)

In the meantime an event took place that on its own would be manageable but it turned out to be the final straw for the staff member.  They could not face returning to work (even virtually), did not wash or dress for several days and ended up speaking to their GP who told them they needed several weeks rest.  They were prescribed antidepressants as well as being referred to various health professionals.

*What would you do if you thought a colleague or friend was starting to experience something similar?*

*What might you have done differently if you were this person's manager?*

*What could you do if you were the person facing these problems?*