Mental health is a critical issue in our professional society – and one that does not get nearly enough attention. As a “gig worker” you are particularly vulnerable. Humans are social creatures, and even introverts require social connections. But separated from the office environment, we lose a sense of connection. Couple that with the stressors of starting a business, and you could find yourself lonely or depressed. Addressing mental health up front – and on an ongoing basis – is critical to staying ahead of more serious mental health problems.

**If at any point, you are considering harming yourself or taking your own life, please dial 9-1-1 immediately. There is absolutely no shame in getting help. If you broke your leg, you’d go to the hospital, right? If your mother was having a heart attack, you would call an ambulance, right? Serious depression is NO DIFFERENT.**

**Part 1: Plan-Ahead Mental Health Strategies**

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| --- | --- |
| Write down the names of THREE other consultants who you think will agree to meet and talk with you regularly. | 1.  2.  3. |
| Write down three decisions you made in the past that seemed difficult at the time, but where you were successful in the end. What specific benefits do you have in your life now that you would not have had otherwise? |  |
| What are THREE things that bring you joy that you will MAKE TIME FOR (because, frankly, you have time now)? | 1.  2.  3. |

**Part 2: Have the number handy…**

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| --- | --- |
| If you need it, write down the number of a depression treatment hotline. You may never need it, but if you do, you don’t want to be looking for it. Like most health issues, depression is best treated early. |  |