



PSYCHOTHERAPY HELPS EMPLOYEES RETURN TO WORK SOONER

Employees mostly suffer from common mental health disorders like depression, anxiety, etc. An interesting therapy has been brought by American Psychological Association to bring back to work soon, the employees who were in sick leave. After the therapy, there were no adverse effects reported. A study showed improved mental health of the employees. The study of 168 employees, where 60 percent were women, was used in the research. Read the full article here:

[Psychotherapy Helps Workers Return Sooner](#)

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