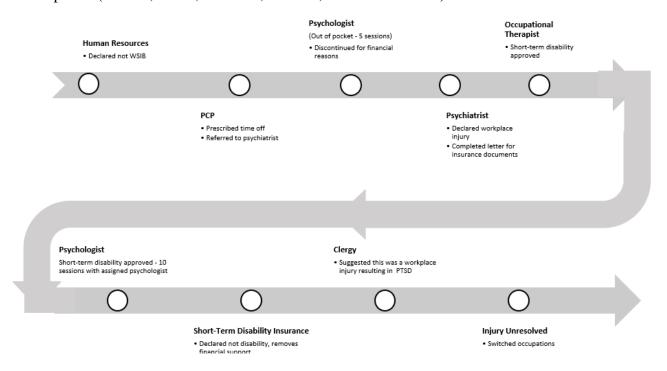
Appendix F

Trajectories of Participant Accessed Resources: A Sequential Overview

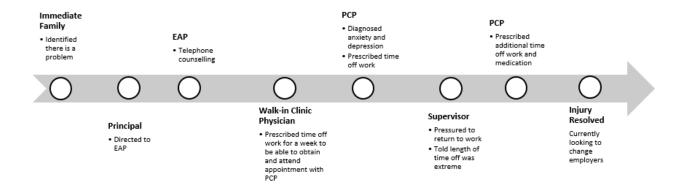
Participant 1 (Male, 41-50, Business, Finance, & Administration)

						PCP			
Community Care Resource Centre (CCRC) • Saw counsellor • Instructed to go to hospital		Psychiatrist Prescribed antidepressants and anti-psychotics Referred to two other psychiatrists due to psychiatrists leaves of absence		Niece and son helpful and supportive Two friends with mental health issues were helpful		Referred to Family Health Care Team counsellor - declined Given script for free YMCA - not yet utilized		Injury Unresolved No longer self- employed, now working for someone	
					\circ		\circ		
	Hospital Diagnosed with depression, anixety, mania Referred to a psychiatrist		Hosptial Support Group • Unhelpful, discontinued		Bipolar Support Group • Group talk therapy		Hospital Physical ailment stemming from WMHI Spinal tap performed		

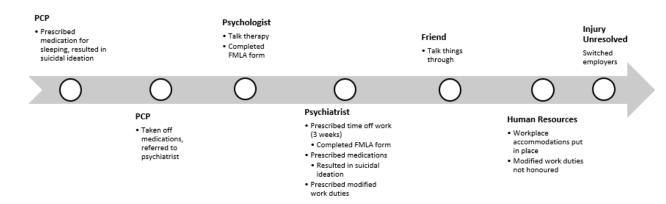
Participant 2 (Female, 51-60, Business, Finance, & Administration)



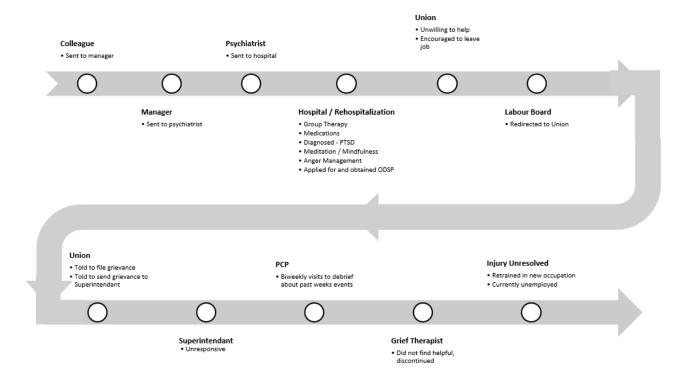
Participant 3 (Female, 41-50, Education, Law and Social, Community and Government Services)



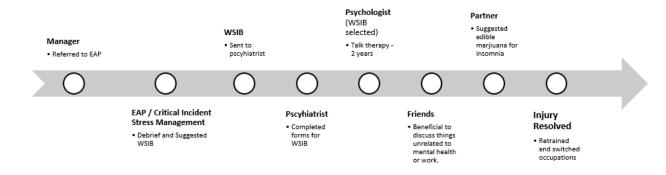
Participant 4 (Male, 41-50, Management)



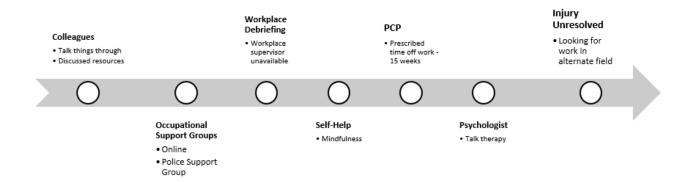
Participant 5 (Female, 41-50, Education, Law and Social, Community and Government Services)



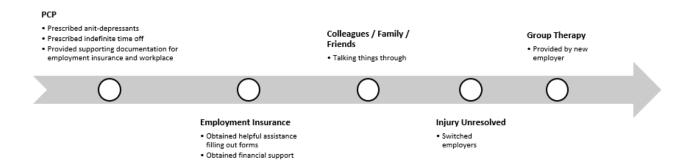
Participant 6 (Male, 31-40, Education, Law and Social, Community and Government Services)



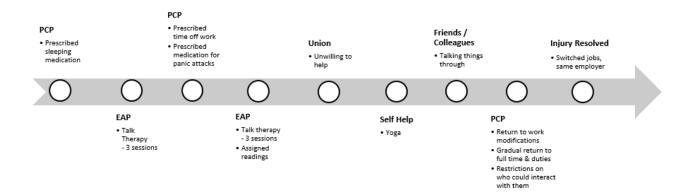
Participant 7 (Female, 51-60, Education, Law and Social, Community and Government Services)



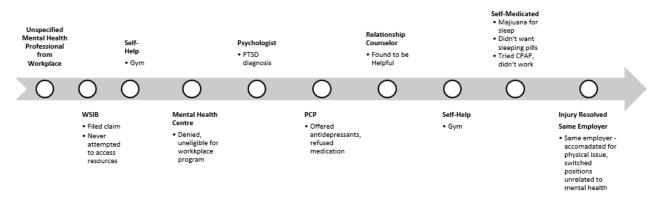
Participant 8 (Female, 21-30, Education, Law and Social, Community and Government Services)



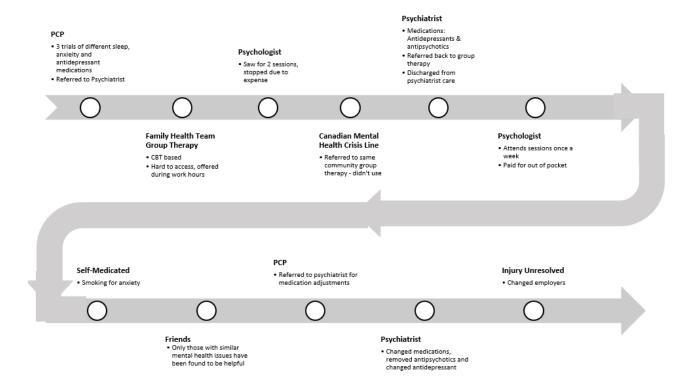
Participant 9 (Female, 41-50, Business, Finance, & Administration)



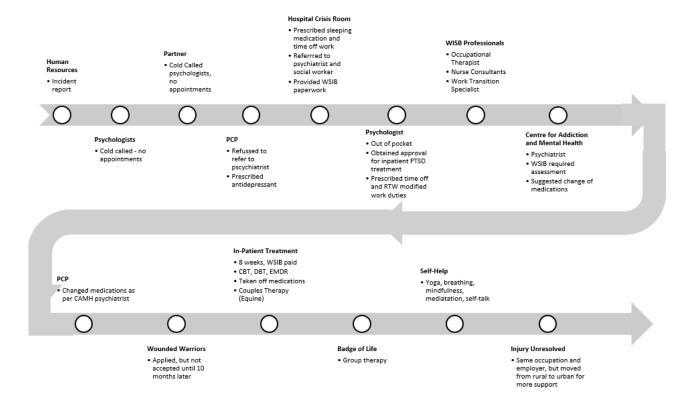
Participant 10 (Male, 41-50, Education, Law and Social, Community and Government Services)



Participant 11 (Female, 31-40, Business, Finance, & Administration)



Participant 12 (Female, 41-50, Health)



Note. CAMH = The Centre for Addiction and Mental Health; CBT = Cognitive behavioural therapy; CPAP = Continuous positive airway pressure; DBT = Dialectical behavioural therapy; EAP = Employee Assistance Program; EMDR = Eye movement desensitization and reprocessing; FMLA = Family and Medical Leave Act; ODSP = Ontario Disability Support Program; PCP = Primary care physician; PTSD = Post-traumatic stress disorder; RTW = Return to work; STD = Short-term disability; WSIB = Workplace Safety and Insurance Board