



## **BULLYING IN THE WORKPLACE**

*“Every day was like going into battle...I was afraid to trust anyone for fear they were the enemy. I tried to be prepared at all times, but I was hopeless...I knew I had to have relief soon-but there was no let up.”* Diana – Mobbing Emotional Abuse in the Workplace

### ***What can you do if you think you are being bullied?***

1. Get support and advice from co-workers, union, management, occupational health department, or your EAP.
2. Get a copy of your company's harassment/hostile environment policy.
3. Get copies of your previous work evaluations.
4. Document events.
5. Make an appointment with your doctor and let him/her know what is happening.
6. Maintain your support network both in and out of work.
7. Plan things that are enjoyable out of work.
8. Gather support and information for your education.

### ***Resources available to you:***

#### **Websites**

The Workplace Bullying & Trauma Institute – [www.bullyinginstitute.org](http://www.bullyinginstitute.org)  
Andrea Adams Trust – [www.andreaadamstrust.org](http://www.andreaadamstrust.org)  
Workplace Bullying – [www.workplacebullying.com](http://www.workplacebullying.com)  
Kickbully.com – [www.bullying.com](http://www.bullying.com)  
[www.bullyonline.org](http://www.bullyonline.org)

#### **Books**

“Bullying at Work” by Andrea Adams  
“Bullying In Sight” by Tim Field  
“Harassment, Bullying and Violence at Work” by Angela Ishmael  
“Mobbing Emotional Abuse in the American Workplace”  
by Noa Davenport, Ruth Schwartz and Gail Elliott

*Call 1-800-526-3485 for Solutions for people in the workplace.  
Your employer provides the EAP to you and your family members  
and it is free and totally confidential.*