Supporting peers, pays dividends

Steve’s line manager gave him all the support he needed to recover from his illness and inspired Steve to start a peer to peer group for others in the same situation.

Steve Loft, a manager with Transport for London (TfL), suffered from depression after having experienced a major traumatic life event and a significant role change at work. His condition became severe and he needed time off work.

After 6 months he was beginning to wonder if he would ever recover when he saw a psychiatrist and was diagnosed with General Anxiety Disorder. The diagnosis was the beginning of his recovery. Steve says “From the moment I heard this I seemed to feel better, I knew what was wrong with me and I could research it myself”. Steve received the right treatment and returned to work three months later.

Steve’s line manager, Ian Buswell gave Steve all the support and help he needed “When Steve was off sick, as his line manager, I realised that I had a really big part of play in helping him to return to work. I gave him support and the time to work things through, without the added pressure of worrying about the work situation. I always had the thought that this could happen to anyone – if it were me, I’d want someone to give me the chance to pull through.”

Through his experience, Steve wants to help others and is heavily involved in a peer to peer group within TfL that offers practical help to others in the same situation themselves. Steve is also training to become a counsellor.

#disabilityconfident