

Revolutionizing mental health-related disability claims management



Canadian sports journalist, **Michael Landsberg** shares the challenges he faced in finding the right diagnosis and treatment to manage his depression and why he is a huge supporter of RBC Insurance's exclusive Onward by Best Doctors[†] program.



Depression, for most of us, doesn't hit us like bam! It hits us gently, a little tap, a little change. It gradually drains the life out of you. And it does it so slowly that you don't notice the water level or the life level in you is going down. So it took me a good chunk of time to come to that realization. I only wanted really to do one thing with my life and that is to talk about sports on radio, television.

When I have to do something like give a speech, it scares the crap out of me, and, so this morning, like every other morning, whether I'm hosting a radio show or a TV show, I'm gaging myself throughout the entire show. I mean this is stuff that I never tell anyone, this is stuff that I would never talk about. But internally I'm going 'How do I feel? Can I be me? Can I be, you know, the smart ass that I want to be?' because when I struggle, the smart 'assiness' (that is my favourite part of me), I can't go there. I can't be that person.

I can only say definitively that mental illness in Canada is a massive problem. Every year four thousand people are reported to have taken their lives in Canada. We know that that number is probably double. We know for every suicide, there's twenty suicide attempts. So you're talking about a couple hundred thousand people in Canada, will attempt to take their lives over the next year.

The biggest problem we have, is that when you are at your most vulnerable, when you are at your weakest in terms of strength.

The thing about mental health that RBC Insurance has addressed is the fact that it's debilitating. Is the fact that, many people, myself included, found getting out of bed the most difficult task of their life or of my life.

When depression, for instance, is holding you down on the ground that's when you have to fight the hardest. That's when you have to find your way through this maze of treatments. That's when you get lost.

So, if you have to get out and if you have to travel somewhere, if you have to go to a doctor who's downtown — if you have to figure out where to park your car — there's a good chance you're going to stay in bed and not go for help.

So what Best Doctors does, is give the patient the opportunity to stay where they're comfortable, whether it's in bed, whether it's on their couch, whether it's in a rural community - it can all be done digitally. And that saves lives!

It's like you have someone who says these words, 'I got this. I understand how much pain you're in, and I'm going to help you through it. I'm going to make sure you see the right doctors. I'm going to make sure that you get the treatment that you need that will give you the best possibility to feel better. And most of all — most of all — I'm going to take the pressure off of you, to figure out what's the best treatment for you, I'm going to help you through it.'

And that is, invaluable. That is, life saving, that is career saving. That, to me, is the best thing about Onward™.

We need it. You need someone to say, 'I'm looking out for you.'



Get the right support at the right time. Then get back to your life faster.

Mental health issues are the leading cause of disability in Canada—but it's not always easy to get the support you need, when you need it.

Onward by Best Doctors, available exclusively through RBC Insurance individual and group disability plans, provides significantly faster access to some of the world's top mental health specialists. Clients who benefit from this service receive timely diagnoses and treatment, allowing them to get back to their normal lifestyle and return to work sooner and stronger.

For more information on how Onward by Best Doctors can help your clients, take a look at this handy [infographic](#) or contact your local RBC Insurance Sales Consultant at 1-866-235-4332.