

Mental Health in America and the Workplace

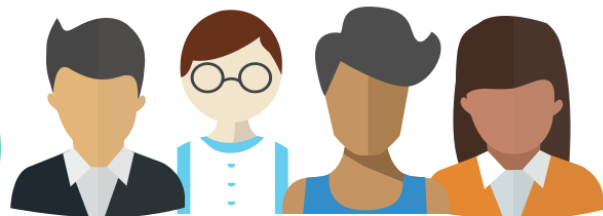
Depression



Anxiety

The most common mental health conditions

1 in 4 Americans



live with a diagnosable mental illness

on average it takes 8-10 years to seek the proper help



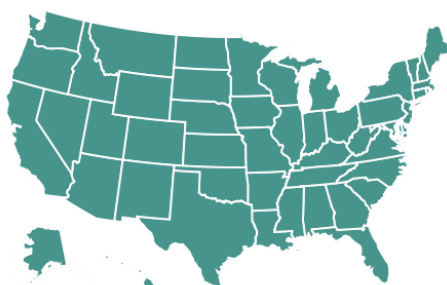
In over 80% of mental health cases, treatment is effective

How is mental health impacting the workplace?



217 million workdays are lost due to depression each year.

Mental health conditions are the leading cause of disability in the United States ages 15-44.



Mental health indirectly costs the United States \$80-100 billion annually due to lost productivity.



ON AVERAGE PEOPLE SPEND 90,000 HOURS AT WORK DURING THEIR LIFETIME

Creating a mentally healthy workplace....



Open up the conversation around mental health



Create and enforce policies



Train management to better understand mental health



Allow for work/life balance



Encourage employees to seek help

Contact the Mindset program for more information on creating a mentally healthy workplace

mindset
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*Cited Sources
Mental Health Association of Erie County, Substance Abuse and Mental Health Administration, National Business Group on Health, Happiness at Work, Jessica Pryce*

