



# Mental Health and Your Workplace

## What Is Mental Health?

An employee's mental health includes how they think, feel and act, as well as their emotional and social well-being. Additionally, mental health can change over time, depending on factors such as workload, stress and work-life balance.

## Employee Mental Health by the Numbers

According to the National Alliance on Mental Illness:

An estimated **52.9 million** American adults experience a mental illness in a given year.



This means **1 in 5** Americans are affected.



**Less than 50%** of those with a mental illness receive treatment.

Depression is the leading cause of disability **worldwide**.



Serious mental illness costs the U.S. **\$193.2 billion** in lost earnings annually.

Suicide is the **12th leading cause** of death in the U.S.



**90%** of those who die by suicide may have experienced symptoms of a mental health condition.



Approximately **17 million adults** have co-occurring mental health and substance use disorders.



## Let's Work Together to Address Employee Mental Health

We want to help you support your employees' mental health. Reviewing your plan designs and benefits offerings is the first step. Contact us to discuss your current offerings and to learn more about the mental health resources that you can provide to your employees.