

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, an employee's mental health can change over time, depending on factors such as their workload, stress and work-life balance.

Employee Mental Health by the Numbers

According to the National Alliance on Mental Illness:



An estimated **51.5 million American adults** experience a mental illness in a given year.



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

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



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

10th

Suicide is the 10th leading cause of death in the U.S.

90% of those who die by suicide have an underlying mental illness.



Depression is the leading cause of disability worldwide.



Approximately 10.2 million adults have co-occurring mental health and addiction disorders.