

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 **43.8 American adults experience a mental illness** in a given year.

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



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

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.

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 at O'Neill Insurance to discuss your current offerings and to learn more about the mental health resources that you can provide to your employees.

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