**US**

1 in 10 Americans report current depression

In a company with 500 employees this equals to 50 employees

**WORLDWIDE**

1 in 4 people will be affected by mental or neurological disorders in their lives

Major depressive disorder is the 2nd leading cause of disability, predicted to be #1 cause by 2030

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**IMPACT ON BUSINESS PROFIT AND LOSS**

Mental disorders impact business through disability, absenteeism, and productivity loss

**PRODUCTIVITY LOSS**

- In a 3-month period, patients with depression miss an average of 4.8 workdays and suffer 11.5 days of reduced productivity (CDC)

**HEALTHCARE COSTS**

- Mental illness impacts the onset & progression of noncommunicable diseases (NCDs)

**WORKFORCE MORTALITY**

- In the US there is 1 suicide every 15 min; 100+ suicides daily

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**MOST EMPLOYERS FAIL TO INTEGRATE MENTAL HEALTH IN WORKPLACE WELL-BEING PROGRAMS**

80% of US employers offer workplace well-being programs, yet few address mental health other than to offer Employee Assistant Programs (EAPs), that have ~3% utilization rates

Employers are struggling with rising healthcare costs & don’t recognize the impact of mental health on the onset and progression of NCDs

Employers fail to quantify the impact of mental health on productivity

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**INTEGRATING MENTAL HEALTH INTO HEALTH PROMOTION PROGRAMS AND LEVERAGE TECHNOLOGY**

**THE PROBLEM**

**THE SOLUTION**

**THE BARRIERS**

80% of US employers offer workplace well-being programs, yet few address mental health other than to offer Employee Assistant Programs (EAPs), that have ~3% utilization rates

**THE PROMISE**

Employers are struggling with rising healthcare costs & don’t recognize the impact of mental health on the onset and progression of NCDs

Employers fail to quantify the impact of mental health on productivity

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**INTEGRATING MENTAL HEALTH INTO HEALTH PROMOTION PROGRAMS AND LEVERAGE TECHNOLOGY**

**Mental health must be integrated into the broader dialogue and communication about NCDs**

**CEO leadership can destigmatize mental health in the workplace and encourage prevention and access to quality services**

**Integration must address: preventing mental illness, promoting cognitive resilience, and triage to quality mental health services**

**Employers should integrate vendors to assess the powerful impact of synergizing mental and physical health interventions**

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**Prevention via personalized health technologies, including wearable devices and mobile applications**

**Nutrition & Physical Activity:**

MapMyFitness, RunKeeper, Fooducate, Yummly, Fitbit, Jawbone

**Cognitive Training and Meditation:**

Brain HQ, Lumosity, Fit Brains

SleepCycle, SleepBot, Beddit

**Screening:**

AnthroTronix, Big White Wall

**Virtual Counseling:**

Big White Wall, Beating the Blues, Ieso Digital Health, Silver Cloud, FearFighter

**Suicide Prevention:**

Suicide Prevention Lifeline, MY3, ASK & Prevent Suicide

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**INSTITUTE**

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