



The Economics of Mental Health

40% Employees that take time off due to a mental health condition – up to 10 days a year. (“Survey of U.S. Workers Reveals Impact on Productivity from Depression,” APA, 2014)

Mental health issues continue to be among the top causes of long-term sick leave. (Industrial Health, 2019)

100 Billion Annual cost of untreated mental illnesses in the US, **44 Billion** in lost productivity alone. (Beck et al., 2003)

60% to 80% of workplace accidents are attributed to stress. (HBR, 2015)

80% of doctor visits are due to stress. Workplace stress has been linked to health problems ranging from metabolic syndrome to cardiovascular disease and mortality. (HBR, 2015)

86% of job seekers think it is important for a company’s culture to support mental health & to “embrace open mental health dialogue.” (Total Brain, 2021) 34% of employees, 50% of Millennials, and 75% of Gen Z-ers have left a role for mental health reasons. (HBR, 2019)

Improving mental wellbeing in the workplace:

reduces employee healthcare cost

reduces absenteeism and presenteeism

reduces turnover (recruitment, training costs)

creates higher engagement

improves productivity (CDC)

ROI of employee mental health for every dollar invested = \$4

For every \$1 spent in employee mental wellness programs there is a \$4 return in productivity
(Nat’l Safety Council & NORC/University of Chicago, 2021, WHO, 2019)

When your people thrive, your organization thrives. info@mentalhealthatl.com