SHATTER THE STIGMA
IN THE WORKPLACE

OUR ORGANIZATION EMBRACES MENTAL HEALTH AND PROMOTES A STIGMA-FREE ENVIRONMENT.

WHAT DO YOU KNOW? UNDERSTAND MENTAL HEALTH

UNTREATED DEPRESSION COSTS $9,450 PER EMPLOYEE, PER YEAR IN ABSENTEEISM AND LOST PRODUCTIVITY

Mental health is a workforce health issue Mental illness is the single greatest cause of worker disability worldwide.

Source: American Heart Association, 2018.

1 IN 5 ADULTS IN THE UNITED STATES EXPERIENCES A MENTAL HEALTH CONDITION IN A GIVEN YEAR. THAT'S 46.6 MILLION PEOPLE A YEAR.

Source: nami.org/whycare

STIGMA IS ONE OF THE MAIN REASONS WHY PEOPLE DELAY TREATMENT FOR 8 TO 10 YEARS ON AVERAGE — AND MANY NEVER GET HELP AT ALL.

Source: "StigmaFree Company," National Alliance on Mental Illness, NAMI.org, accessed January 31, 2019.

MORE THAN 80% OF EMPLOYEES WHO RECEIVE TREATMENT REPORT IMPROVED JOB SATISFACTION.

Source: "Investing in a Mentally Healthy Workforce Is Good for Business," Center for Workplace Mental Health, workplacementalhealth.org, accessed February 1, 2019.

WHAT DO YOU SEE? NOTICE THE INDIVIDUAL, NOT THE ILLNESS

Stop the misconceptions by speaking up for individuals struggling with mental health.

Language matters. Be understanding and respectful with words.

Hear the conversation when an individual is speaking about mental health illness.

WHAT CAN YOU DO? PROMOTE MENTAL HEALTH IN THE WORKPLACE

Advocate for individuals with mental health by shifting the mindset.

Support by encouraging awareness with employees, in the community and by hosting events.

Encourage by giving individuals confidence, courage, and the ability to share their stories.

Educate to empower others to understand and offer guidance about mental health in the workplace.

If you or someone you know is dealing with mental health issues, contact your HR department, and/or your local or community service provider.

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