

# Mental Health Statistics in the Workplace

**1,000,000**

U.S. employees miss work

*each day*

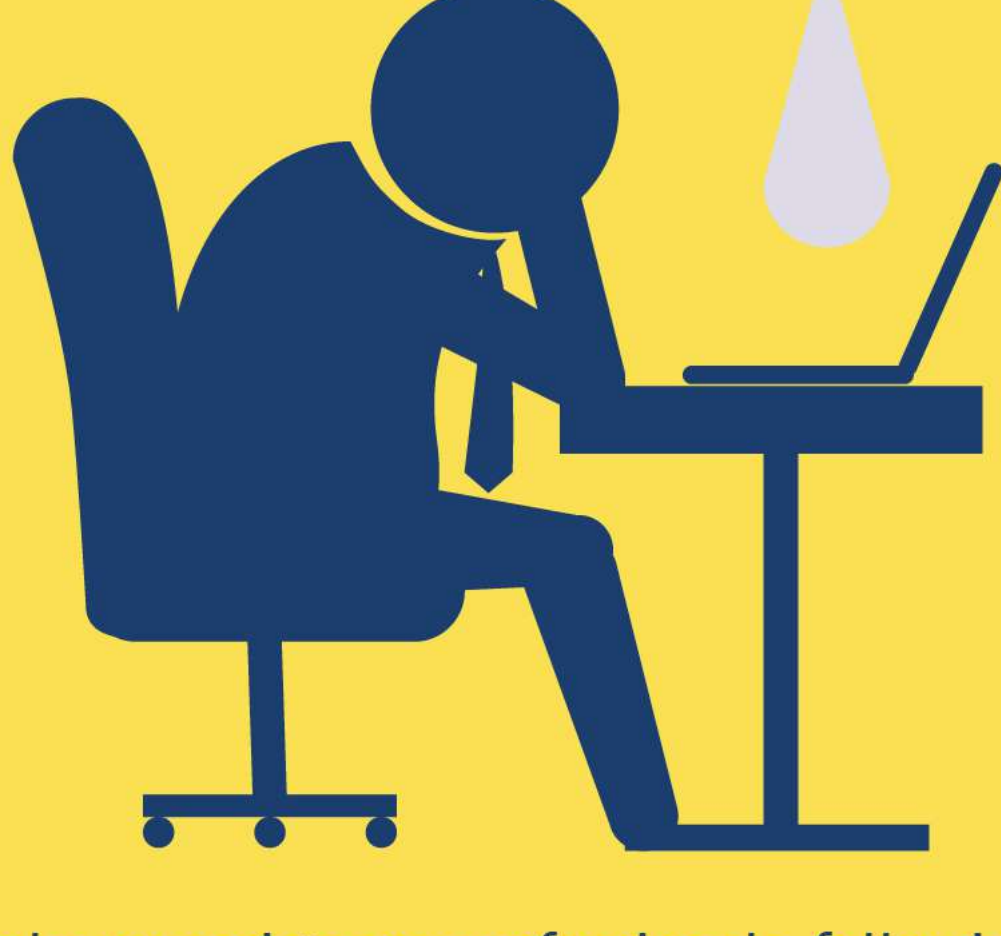
**DUE TO  
workplace  
stress**



(American Institute of Stress)

**DEPRESSION**

ranks among the  
**TOP 3**  
workplace problems



for employee assistance professionals, following only family crisis and stress.

(Mental Health America)

OCTOBER

		1	2	3	4	5
		X	X	X	X	X
6	7	8	9	10	11	12

EMPLOYEES WITH **DEPRESSION**

reported the equivalent of

**27 LOST** work days per year

(Manufacturers Alliance for Productivity) (edited)

X	X	X	X	X	X	X
27	28	29	30	31	<i>That's almost a whole month of lost time!</i>	

Indirect costs of untreated mental health disorders results in a

**\$79,000,000,000**  
*annual loss*

to business due to loss of productivity and absenteeism.

(U.S. Surgeon General's Report on Mental health, 1999.)



**69%**  
of employees report that work is a *significant* source of stress.

(American Psychological Association, 2009)

**Companies with the most effective health & productivity programs:**

*Achieved 11% more revenue per employee*

*Delivered 28% higher shareholder returns*

*Experienced lower medical trends*

*Had fewer absences per employee*

(TowersWatson, 2010, p. 2)