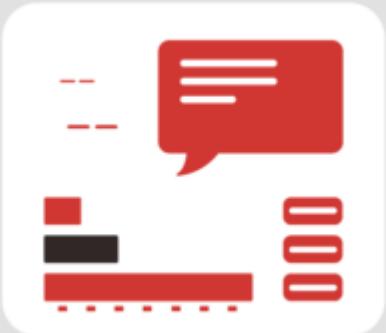


Tips for Promoting Employee Well-Being & Mental Health in the Workplace Infographic





According to the World Health Organization (WHO), "For every \$1 put into scaled-up treatment for common mental disorders, there is a return of \$4 in improved health and productivity."

Developing programs to support mental health in the workplace should be a priority for managers, leaders and human resources professionals.

MENTAL HEALTH IN THE WORKPLACE

Depression and anxiety cost the global economy an estimated \$1 trillion annually in lost productivity, according to WHO. Organizations can't afford to ignore the mental health of their employees.

WHAT THE DATA SHOWS

THE COST OF POOR MENTAL HEALTH

The second impact of poor mental health on the global economy is measured at \$2 trillion.



RISKS ASSOCIATED WITH POOR MENTAL HEALTH

Individuals with poor mental health are more likely to:



THE MENTAL AND PHYSICAL HEALTH CONNECTION

Individuals with poor mental health are more likely to develop physical health problems.



Individuals with depression are:



Individuals with depression are 58% more likely to develop obesity, compared to individuals without depression.

THE RISKS AND EFFECTS OF POOR MENTAL HEALTH ON THE WORKPLACE

Individuals with poor mental health are more likely to:



A POOR WORK ENVIRONMENT MAY LEAD TO:

Individuals with poor mental health are more likely to:



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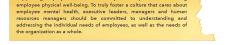
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