

## Mental Health in America



1 in 5 adults in the U.S. are affected by a mental health illness each year and the impact these issues have on employees lives and well-being is cause for concern for many employers.

### The most common concerns include:



#### Depression

17.3 million adults in the United States had at least one major depressive episode.<sup>1</sup>



#### Stress, Anxiety & Worry

31.1% of U.S. adults experience any anxiety disorder at some time in their lives.<sup>3</sup>



#### Social Anxiety

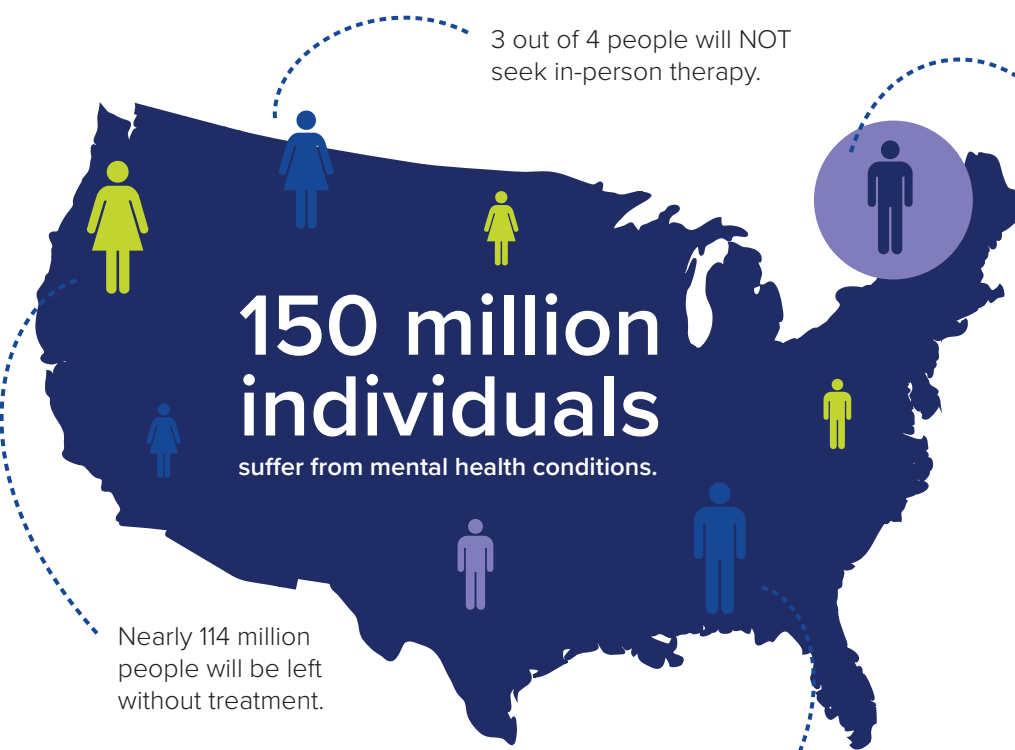
Anxiety problems affect 30% of people, yet often go undiagnosed and untreated.<sup>2</sup>



#### Insomnia

25% of adults experience unsatisfactory sleep each night, leading to an increased risk of suicide and more.<sup>4</sup>

## The "Silent Sufferers"



Many of these individuals do not seek treatment due to barriers, such as:

- ➔ Social stigmas
- ➔ Confidentiality concerns
- ➔ Simply finding time in their day
- ➔ Accessibility due to geographic limitations
- ➔ High deductibles and rising healthcare costs

4.9% EAP utilization rate for employees seeking counseling.<sup>7</sup>

## The Impact on Employers

Employees with depression cost employers \$44 billion/year in lost productivity time.<sup>8</sup>



Mental health disability claims are growing 10% annually and account for 30% of disability burden for employers.<sup>10</sup>

Mental health problems and substance abuse annually cost employers \$100 billion in indirect costs.<sup>9</sup>

These same employees who are not receiving care consume 4x the healthcare resources of other employees.<sup>11</sup>

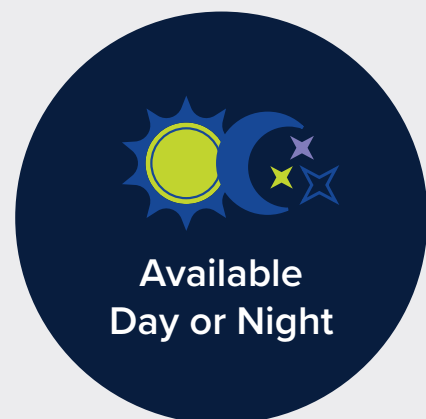
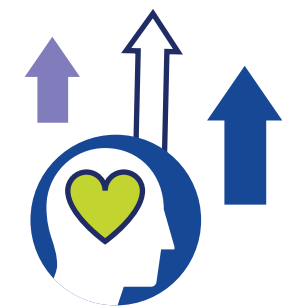
## cCBT-A Proven Solution



Clinically validated studies have shown computerized Cognitive Behavioral Therapy (cCBT) to be as effective as face-to-face therapy.

Comprised of self-directed, independent learning programs that provide practical tools for individuals managing mental concerns, cCBT programs consist of multiple sessions including interactive experiences, such as videos, animations, and games.

Studies of cCBT tools indicate they show improvements in patients with depression, anxiety and insomnia.<sup>12</sup>



Smartphone



Tablet



Computer

Empathia provides self-guided online programs and assessments for members and their families struggling with the symptoms of stress, depression, insomnia or social anxiety. These programs are built on evidence-based principles of Cognitive Behavioral Therapy.

**Visit [empathia.com](http://empathia.com) or call 866.332.9595 to learn more.**

<sup>1</sup>2017 National Survey on Drug Use and Health (NSDUH) <sup>2</sup>Harvard Medical School, 2007. National Comorbidity Survey (NCS). (2017, August 21). Retrieved from <https://www.hcp.med.harvard.edu/ncs/index.php>. <sup>3</sup>Druss, B.G., and Walker, E.R. 2011. <sup>4</sup>Kessler, R. C., PhD. (2005). Prevalence and treatment of mental disorders. NEJM, 352(24), 2515-23. <sup>5</sup>Tell, C. F., Sorbero (2010). Predictors of adequate depression treatment among Medicaid-enrolled adults. Health Services Research, 45(1), 302-315. <sup>6</sup>Workplace Outcome Suite© (WOS) – Annual Report 2018 <sup>7</sup><https://www.cdc.gov/workplacehealthpromotion/tools-resources/pdfs/issue-brief-no-2-mental-health-and-chronic-disease.pdf> <sup>8</sup><http://workplacementalhealth.org/getattachment/Making-The-Business-Case/Link-1-Title/Business-Case-for-Mental-Health-and-Substance-Use-Disorder-Treatment.pdf?lang=en-US> <sup>9</sup>Employer's Guide to Pharmaceutical Benefits, Wye River Group on Healthcare, April 2003. <sup>10</sup>RAND Europe.Examining the State of Computerised Cognitive Behavioural Therapy (cCBT). Retrieved from <https://www.rand.org/randeurope/research/projects/computerised-cognitive-behavioural-therapy.html>.