



## Time to Think and Act Differently Concerning Mental Health

Spending on mental health hit \$221 billion in 2014, making it the single most expensive medical condition in the U.S. Each year 217 million workdays are lost due to depression and, according to the National Alliance of Mental Illness (N.A.M.I.), \$193 billion in workplace earnings are lost due to serious mental illness. The time has come to think and act differently when it comes to addressing mental health in the workplace.

Mindset is a collection of innovative, research-based programs that help organizations create mentally healthy workplaces and employees. The on-site offerings range from 1-hour presentations to 12-week intensive courses. Mindset will also customize programs to fit specific needs.

## Wellness Starts at the Top

### HELP YOUR EMPLOYEES HELP THEMSELVES

One in 4 Americans lives with a mental health diagnosis. In over 80% of cases, treatment is effective. Yet, on average, it takes 8-10 years for people to seek treatment. Stigma creates barriers to treatment. Waiting until a situation becomes a crisis narrows the range of options, drives up costs and reduces the probability of successful outcomes. By creating a more open, safe environment to talk about mental illness within an organization, you can reduce the stigma and increase the number of employees and their families getting help.

## Mindset helps organizations:

- Open up the conversation and reduce stigma around mental health issues
- Help employees achieve work-life balance
- Develop strategies for creating a mentally healthy workplace culture
- Provide managers tools and training to recognize and address workplace mental wellness
- Train managers and leadership to lower barriers for employees to get help
- Reduce paid time off and increase employee engagement productivity

## Make the Right Investment

Organizations are already paying the high cost of untreated mental illness. It is time to start thinking more strategically by investing in education, awareness, wellness, prevention, early detection and early intervention. We do this with physical wellness. Mindset was created to do this for mental wellness. Healthy employees are focused, motivated, productive and present. Proven education programs, like Mindset offers, are a great investment for your employees and your business. See *partial list of Mindset programs on the reverse side.*



**Depression & Anxiety**  
The most common mental health conditions

**1 in 4**  
Americans



live with a diagnosable mental illness

In over **80%** of mental health cases, treatment is effective

But on average, it takes 8-10 years for individuals to seek the proper help



Mental health conditions are the leading cause of disability in the United States ages 15-44

**\$193**  
Billion

in workplace earnings are lost due to serious mental illness each year

Mental health is the most expensive medical condition in the U.S., with spending at \$221 billion in 2014



217 million workdays are lost due to depression each year

## An Innovative Approach to Create Mentally Healthy Workplaces and Employees

### EMPLOYEE FOCUSED PROGRAMS

#### 1 Coping with Work and Family Stress

*One hour sessions*

- Problem Solving Module
- Promoting Effective Communication Module
- Enhancing Social Support Module
- Cognitive Restructuring and Self-Monitoring Module
- Stress Management: Healthy Lifestyle and Stress Reduction Module
- Time Management

#### 2 Creating a Healthy Mind

*One hour sessions*

- Self-care: The Mind-Body Connection
- Workplace Well-being
- Stop Stress, Start Living

### LEADERSHIP TRAININGS

#### 1 Essential Trainings

*One hour sessions*

- Workplace Mental Health Essentials
- Mood and Depression Essentials
- Stress and Anxiety Essentials
- Psychological Health and Safety Essentials

#### 2 In-Focus Training

*Three hour sessions*

- Depression and Anxiety in Focus
- Mental Health and Safety in Focus

#### 3 Core Training

*Six hour session*

Find out how Mindset can help your organization today.  
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**mindset**

*the path to workplace mental well-being*

Presented by the Mental Health Association of Erie County, Inc.

Sources: Mental Health Association of Erie County, Substance Abuse and Mental Health Administration, National Business Group on Health, Happiness at Work, National Alliance of Mental Illness (NAMI), Jessica Pryce, Steven Ross Johnson and Harris Meyer