

MENTAL HEALTH AT WORK

The personal and professional costs of unaddressed mental health conditions are large and growing.



WORKPLACES CAN BE ENGINES OF MENTAL HEALTH AND WELL-BEING

URAC can help your organization strengthen your workforce when you address their mental health needs.

The only accreditation of its kind, URAC Mental Health at Work Accreditation allows innovative companies a unique opportunity to show their commitment to the well-being of their staff.

www.urac.org/MentalHealthAtWork



15%
of working-age adults have mental health condition¹



87%
of employees believe that actions from their employers would help their mental health²



59%
workers experience negative mental health impacts related to stress at work³



ONE TRILLION The cost to the global economy due to untreated mental health conditions³

¹ WHO, 2021. Mental Health Atlas 2020. Geneva: World Health Organization.

² Chisholm, D., Sweeny, K., Sheehan, P., Rasmussen, B., Smit, F., Cuijpers, P. & Saxena, S. 2016. Scaling-up treatment of depression and anxiety: a global return on investment analysis. *Lancet Psychiatry*, 3, 415-24.

³ APA, 2021. APA's 2021 Work and Well-being Survey.