

# Mental Health in the Workplace

Not your business?  
Think again...

## JUST THE FACTS

# \$51B

per year lost: estimated economic impact of mental illness in Canada



1 in 4 Canadian workers experience chronic work stress

# 500k

Canadians miss work each week due to mental health issues



1 in 5 Canadians experience mental health challenges each year

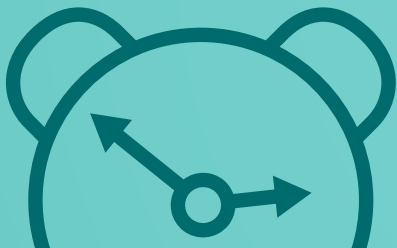
# 70%

of disability claim costs relate to mental health concerns



The WHO predicts mental health problems will be the #2 cause of disability by 2020

## WHAT ELSE?

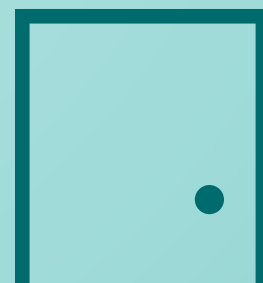


### The longer someone is off work, the less likely they are to return

Canadian study shows \$13,000 lost each year by businesses per employee with absenteeism and presenteeism issues related to mental health

## 1.1 million small to medium sized businesses in Canada often lack resources to deal with mental health issues

Leave your problems at the door policy not a solution, as work and life continue to mesh together



## HOW DOES THE ARIVE® EMPLOYEE ASSISTANCE PROGRAM HELP?

- Delivers measurable reduction of symptoms and substantial productivity increase after assistance
- Provides a gateway to better mental health through professional counselling
- Uses a return-to-work focus to promote work as a component of good mental health
- Offers managers support and guidance when addressing issues affecting employee productivity
- Guides employees and family members towards sustaining good mental health